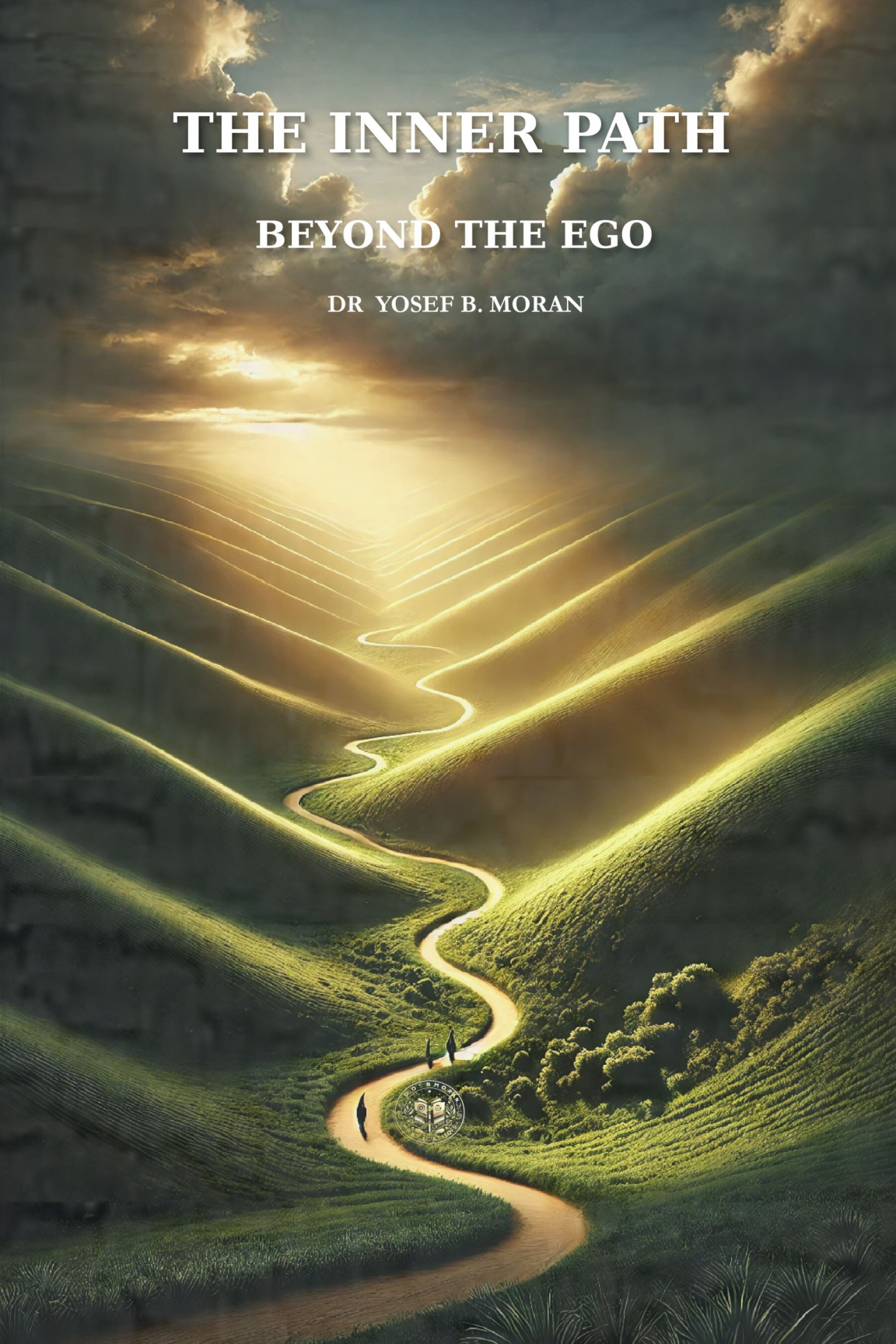
THE INNER PATH

BEYOND THE EGO

DR YOSEF B. MORAN



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The Inner Path – Beyond the Ego

by Dr. Yosef B. Morán

Dedication

To my beloved parents, **Víctor** and **Angélica**—who not only gave me the gift of life but also instilled in me a love for knowledge and wisdom. Their unwavering love—and their lives—have been the foundation upon which I have built everything I am. This work is a humble reflection of the profound gratitude I owe them.

To my brother **Raúl**—an indefatigable seeker of truth —who left us far too soon. Your spiritual curiosity and tireless search for wisdom continue to inspire me in my life. I miss you deeply, but your legacy lives on in every page of this book.

To my beloved wife, **Johanna**—I express my gratitude from the deepest part of my being. Your love and unwavering support have been my sanctuary in the most challenging moments. Without you, this journey of personal transformation would not have been possible. Your strength and confidence give me the power to keep moving forward.

To our children, **Xavier**, **Paola**, and **Diana**—who gave Johanna and me the greatest joy one can experience. You are our most precious treasure, and this book is also dedicated to you, with the hope that you find in it the motivation for your own journey.

With deep gratitude, I also dedicate this work to three teachers who shaped my intellectual and spiritual path:

– To my **doctoral advisor**, whose patient guidance taught me the discipline of systems thinking and the patience of rigorous method.

– To the **rabbi of my conversion**, who opened the gates of Torah and illuminated the path of faith and fidelity.

– To the late **Dr. Clynes**, whose vision of the hidden language of emotions and the bridge between science and art left a profound mark on my life.

Finally, to **Sibylanne E.**—for your generosity, insight, and invaluable support as a beta reader. Your feedback was a guiding force, refining this work and strengthening its purpose. To all of you, my gratitude is boundless.

Antwerp, November 2025

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Introduction

This book is, in fact, a window into the conversations I had with my brother Raúl from 2015 until just before his passing—conversations I never imagined I would need to write down to remember. They arose while I was deeply immersed in Torah study during my process of conversion to Judaism. Every reflection I shared with him became a **bridge between ancient wisdom and the challenges of our modern lives**.

Raúl and I would sit down and talk about everything: life, our dreams, those questions that strike you when you least expect them. We discussed **what it means to be here**, what we wanted to do with the time we have, and the **inner journey** each of us was discovering in his own way.

He had a unique way of perceiving things, making me pause and reconsider what I thought I already knew. As we spoke about passages from the Torah, we discovered together how its teachings not only answered **ancient questions but also provided practical solutions for our everyday lives**. These conversations changed the way we understood ourselves and the world around us. And today, I feel his voice continues to echo on **every page, in every thought expressed here**.

Ultimately, this book is my way of **paying tribute to him**, preserving those moments, and keeping that conversation alive. Because, in some way, Raúl continues to be my companion on this journey, and sharing our conversations is my way of thanking him for his spirit and all that he left in me. This book is not just a collection of our talks; it is an effort to **adapt the deep teachings of the Torah** to impact the lives of those seeking **purpose and meaning** in today's world. Each chapter carries within it that **blend of tradition and modern relevance** that we discovered together.

A few months ago, when I began writing *The Inner Path: Beyond the Ego* again, I wasn't sure where it was headed. To be honest, I thought it was going to be another one of those books filled with **clichés and advice** that's forgotten soon after reading. But from the very first moment, it was clear that this book was **different**.

It wasn't trying to offer quick fixes or pre-packaged answers. Instead, it made me **think**. It posed questions that, honestly, I had never considered before. It wasn't a reading that told you how to live your life, but more like a friend who—without imposing anything—**walks beside you in calm** as you explore your own thoughts and feelings.

The book aims to be a guide that connects ideas from **philosophy, psychology, and spirituality** in a simple way. Its

intention is to help you **identify those inner barriers** and find ways to **manage emotions with calmness**. What truly sets this approach apart is the **seamless fusion of science and spirituality**.

What surprised me most was realizing that, in the end, it's the **small steps** that make the difference. You don't need to make **huge changes overnight**. It's enough to start with the basics—those small decisions that, without you even noticing, begin to **transform your life**.

One part that really blew my mind was when it spoke about the ego. I had never thought about it much, but I realized that the **ego is everywhere**, interfering in our lives in ways we often don't notice. Sometimes it makes us feel insecure, and other times it just holds us back. I discovered that many of the things that were stopping me came from within myself, from that **ego that builds walls**. But once I identified it, I began to **let go**. Letting go of those habits was an incredibly **freeing experience**.

What truly changed me was understanding that this process isn't just for me. At first, I thought **personal growth** was an internal thing, something just to make me feel better about myself. But then I realized that, as I began to change—even just a little bit—the people around me started to notice. Without realizing it, **what you do for yourself also positively**

impacts others. So I asked myself: **If small changes can make my environment better**, what else could I do to make everything around me better?

Part 1: The Inner Awakening – Understanding and Transforming the Self

1 The Path to Inner Freedom and Personal Growth

—**Pepe, sometimes I feel like I need to pause for a moment and ask myself, what does it really mean to be free, you know?** But I'm not talking about just doing whatever I feel like. It's more about that **quiet certainty** of knowing that my decisions come from a real place, from who I truly am.

—Raúl, I get you. I also find myself running on autopilot sometimes, acting without thinking. But when I manage to snap out of it, it feels like a **huge weight has been lifted off me.** Suddenly, everything becomes clearer.

—Exactly. I remember reading *Man's Search for Meaning* by Viktor Frankl. Do you remember that story? Frankl said something so **simple yet so powerful:** we can't always control what happens to us, but we can always choose how to respond. For me, that's where **true freedom** lies.

—You're right. And the more I think about it, the clearer it becomes that **every change starts with self-knowledge.** If I don't know what drives me or what's holding me back, how can I change something that truly matters? Like Martin Seligman says, **self-awareness is the key.** The more I

understand myself, the better I can make decisions that are truly mine.

—Because **growing** is exactly that, Pepe, an ongoing process. It's not like one day you wake up and say, 'That's it, I've arrived.' You're always in motion. And the strange thing is, when you change, **everything around you starts shifting too.**

—Totally. And part of growth is learning to let go, right? **Ideas that no longer serve you, habits that hold you back more than they help,** even relationships that no longer add to your life. It's not easy at all, but **every time I let go of something I no longer need,** I feel like I'm making room for something new.

—You know, Pepe, writing has helped me a lot with that. **Putting into words what I feel gives me clarity.** Sometimes, when I see it written down, black on white, it's like everything suddenly makes sense.

—Yeah, yeah, I get it. And something I've learned is **not to react so quickly.** It happens to all of us, of course, but if you give yourself a moment before responding, you feel like you have more control over what you do. **That small space** between what happens to you and how you choose to respond… That, Raúl, **that is freedom.**

—Exactly, Pepe. To me, freedom isn't just doing whatever I want without thinking about the consequences. It's knowing that every decision I make is truly mine, not dictated by someone or something else. **Change is never easy, but it is possible.** And you don't have to move mountains all at once. **Sometimes, a single small step can change everything.** Like when you started meditating that year.

—I didn't change everything overnight, but **that small habit opened doors.**

—Exactly. Sometimes it's enough to take a moment to reflect, to write down what you feel, or simply to stop and breathe. These **small actions,** even if they seem insignificant, help you find more peace and stay more in balance with yourself.

—Raúl, you know, I think that's exactly what we need sometimes: to pause, to feel, to decide. And from there, to move forward. **No rush, but with intention.**

2 The Path of Personal Growth: Life's Central Purpose

—**Sometimes, Raúl, life surprises us with challenges that make us stop and reflect.** I don't know if this has happened to you, but just when I think everything is in place, something unexpected forces me to pause. And even though, in that moment, it's hard to see it, over time, those difficult moments teach us. They help us understand ourselves better and discover how far we can truly go.

—I've learned that **problems are inevitable**. They can be internal fears, something we carry within us, or situations that come from the outside. The important thing, in my opinion, is not so much the problem itself but **how we choose to face it**.

—In my eyes, Pepe, every experience—**whether good or bad—carries a lesson**. Sometimes, all it takes is a conversation with someone or a song playing at just the right moment to see things differently.

—I believe **life isn't about avoiding problems**; it's about finding meaning that helps us grow. **Facing challenges is part of the journey**, no doubt. But I've realized that we can

choose how to see them. If I see them only as obstacles keeping me from peace, frustration takes over. But if I see them as opportunities, I feel that the struggles themselves give me the strength to keep going.

—I've come to understand that **happiness doesn't come from a life free of difficulties**. True peace lies in acceptance and the ability to take something positive from them. It's not the obstacle itself that holds us back but the energy we waste trying to change something that is simply part of the path. **It's not about running away from difficulties but looking at what we can learn from them**. Every time I face something complex, I learn more about myself and what I truly strive for in life.

—I see this every day. **When I encounter something difficult, I have two choices**: let frustration take control or try to learn something from it. **A shift in perspective turns challenges into opportunities for growth**.

—Our duty is to evolve. **We can't control everything that happens, but we can control how we respond**. Every day, life gives us chances to learn something new, even if it's small. **It's not about being perfect but about applying this little by little**. It also means recognizing that sometimes we make mistakes, and that's okay… Every small effort counts.

Over time, these changes become part of us and help us grow.

—One lesson I've learned is that **happiness isn't found in a life without obstacles but in finding the motivation to face them**. When we understand that we are meant to confront challenges, what once seemed like a problem transforms into something that actually helps us improve. **In the end, this allows us to truly know ourselves and live with greater inner peace**.

—I think we all remember a moment when, after overcoming a challenge, we felt stronger. **Those are the moments that allow us to truly enjoy inner calm**. In fact, they reveal who we really are.

3 The Human Journey: Balance and the Pursuit of Personal Growth

—Tell me, Pepe, have you ever thought about how the hell we manage to balance what we need with what we dream of? **Because I swear, it seems simple, but it's not.**

—Yeah, of course, I've thought about it many times. **It's this constant feeling that life needs to connect what we do every day with something bigger, something deeper.**

—And don't you sometimes feel like you want to explain something, but you have no idea how to put it into words? **It's like you feel it, but don't know how to express it.**

—Totally. **It's like we spend life trying to find this balance, but it always slips away from us.** Between work, rest, relationships… and then there are these big dreams we create for ourselves.

—Yeah, and that's where the problem lies: **those dreams often feel so far away, you feel like you'll never reach them.**

—Exactly, but look, what's important is not reaching them perfectly, but not losing sight of them. **They're like a compass, right?** Even if you don't reach the destination, they keep you focused in the right direction.

—That's true. **Because without that compass, where would you go?** Just this week, I was thinking about how the pace of the week works…

—What about it?

—The work hours are so draining that sometimes you forget there are other things in life. **But then comes the weekend, Shabbat, or Sunday, and it's like a breath that reminds you of what really matters.**

—Yeah, it's like "stop and think!" **because otherwise, everything becomes a meaningless routine.**

—Exactly, those breaks are vital to reconnect with yourself, **not to lose sight of why we're doing all of this.** Those long workdays seem endless, but then Shabbat or Sunday comes, and you realize there's more to life than just work. **Those days aren't just for rest, they're to reconnect with what truly matters.**

—Totally. **Those breaks are more than just a pause: they're what give meaning to the rest of the days.** It's like Monday has more value because you had time to remember why you're doing all of this. And that brings me to something I always think about: who I want to be. **There are days when I feel there's a chasm between who I am now and the person I want to be.**

—Ugh, we all feel that way. **But look, that distance shouldn't discourage you, on the contrary.** It's what drives you to try, to take one more small step each day. **If it were easy, there wouldn't be any joy in it, right?**

—Exactly. Even if progress is slow, you're still doing something. **It's not about reaching the summit in one try, it's about keeping those ideals alive, like little lighthouses guiding you.**
—Of course, but you know what? **It's so easy to settle when things get tough.** To say, "Alright, this is enough."

—Yeah, but over time, that leaves you empty. **It's okay to accept that you can't do everything, but staying stuck there… that's not okay.**

—Totally. That's why I think surrounding yourself with people who've come a long way helps a lot. **It's like they show you how far you can go and inspire you to keep moving forward.** And in the end, what truly matters isn't just the outcome, but the effort you put into each step. **Don't you feel it when someone does something with all their heart?** It changes everything, even the experience itself.

—Of course, like when you're raising your kids. **It's not about demanding perfection from them, but teaching them to appreciate the process, to understand that every small progress is already an achievement.** What matters is that they try to be a little better than yesterday; **that's what makes the difference.**

—Exactly. But here's the trick: **to accept where you are, with your limitations, without stopping to strive for more.** It's a delicate balance because you can get discouraged if you don't manage it well. That's why I always say you need to respect everyone's pace. **Every person has their own process, and that's what makes them precious, just as they are right now.**

—In the end, Raúl, what lifts us up every day are those dreams, even if they seem impossible. **They're the ones that help us get through the hard moments.**

4 Personal Renewal: A Cornerstone of Human Growth

—Hey, Raúl, have you ever heard of this idea that, in the end, each of us needs like a "reset"? A moment where you truly stop and ask yourself, **"What really matters to me?"**

—Of course, Pepe, but you're not talking about change for the sake of change, right? **It's more about reconnecting with the things that make you feel alive, isn't it?** Because that's what real renewal is—**not just improving yourself from the outside.**

—Exactly, Raúl. **It's about looking inward.** We live in this strange mix: on one hand, the chaos in our minds, and on the other, the simple things around us—like friends, family, the things we love. **Both worlds matter.**

—Totally. Reflecting on what's inside is important, but you also need to enjoy what's around you. **It's the balance that makes you feel more whole, right?**

—Yes, and the thing is, the joy of the moment is wonderful, but it's not enough. **In the end, we're all searching for something more, something that gives meaning to everything.** Because when you lose that sense of

direction, you feel like you're just spinning in circles without getting anywhere.

—Absolutely. **Having a purpose not only fills the emptiness, it also gives you the energy to handle whatever comes next.** It's like your fuel.

—And look, when you have a clear direction of where you want to go, even the problems take on a different meaning. **They become like steps along the way to the version of yourself you're trying to build.**

—Yeah, because life is full of complicated things, but if you accept them as part of the journey, **they'll eventually push you to improve.**

—You know what, Raúl? **Here's the thing.** Reviving yourself isn't just about changing your clothes or hitting the gym. **It's something much deeper.** It's about truly committing to yourself and what you really want in life.

—Totally, Pepe. But there's something key in all of this: **you have to choose how you deal with the complicated stuff.** Because it's not the same facing a problem because you have no choice, as it is saying, **"I'm going to face this because I know it's the best thing for me."**

—You know, Raúl? **The shift in attitude is incredible.** It's amazing how something that felt like an

unbearable burden suddenly becomes something you choose to take on, because you know you can. **And I'll tell you something: when you make that shift, it shows.**

—Totally, Pepe. **It's like, when you decide to grab the wheel, you realize you can take control again.** You stop feeling defeated, and instead, you find the strength you were missing to keep moving forward.

—And it's not just for the big things, right? **Look, Raúl, this also applies to the day-to-day stuff, right?** Those little problems that suddenly feel like huge walls. **You can choose to see them as obstacles you can't get past, or as challenges that, despite the difficulty, are there to teach you something about yourself.**

—That's exactly it, Pepe. **Here's the thing: it all depends on how you choose to look at them.** A change in perspective changes everything. **When you give yourself the chance to see it from a different angle, you realize that what seemed impossible isn't so impossible anymore.**

—That's so true, Raúl. **And that's exactly where you start to feel like the road gets lighter.** You no longer feel like you're carrying problems everywhere; it's more like you're gathering lessons. **And listen, that changes everything.**

5 The Process of Deep Personal Transformation

Listen, Raúl, have you ever heard of **personal change**? I don't know about you, but to me, it seems like a challenge that always resurfaces. No matter what phase you're in, **it's always there**, waiting for you, pushing you to grow.

— And it's not just about adapting or fixing what's in front of you. No, **it's much more intimate**. It's like a real opportunity, a chance to discover and appreciate what we're made of and **break through our own barriers**.

— What's interesting is that sometimes, even though we don't see it, we have an **incredible ability to renew ourselves**. Where do we get that strength from? I have no idea. But **it always arrives exactly when we need it**. Philosophers say this, psychologists say this, and you can see it in life itself, especially in tough moments, when people somehow rise up and keep going.

— Like Albert Bandura, the psychologist, said: **If we believe we have an impact on our lives**, that belief gives us the power to act and change what's around us. According to him, when we truly believe in our ability to achieve something, **it's like turning on an internal engine** that gives us the

energy to face any challenge. It's amazing how, just by believing in ourselves, we can **change the way we act** and the situations around us.

— Today, not every change is **relevant**, right? Sometimes, we make changes just for fun, something quick to give us a fleeting sense of satisfaction. But **real change**... that requires a different kind of commitment. One that doesn't look for **immediate results**. It's like when you try to change a habit just to get rid of a temporary problem. You know, if the change isn't deep enough, you'll fall back into the same patterns in no time.

— In the end, it's like putting a **band-aid** on something that needs real fixing.

— Imagine **losing your job**. Of course, you could fall apart, who wouldn't in that situation? But, you could also see it as an **opportunity**, an opportunity to start over, to learn something you've always been curious about, or to explore a new profession. **How many times** have those moments that seem like an end actually turned out to be the beginning of something new? It all depends on your **perspective**, right? And sometimes, that perspective is what makes all the difference.

— Then there's the issue of the **past**. How the past affects our actions and reactions. Everything we've

experienced leaves a mark that embeds itself in every automatic response, often without us even realizing it. But the **good thing** is, we can do something about it. Through awareness, for example, we can recognize those patterns and choose whether to continue with them or leave them behind.

— As for me, knowing who you are and **breaking free from the automatic life** we live so often is the heart of personal growth. It gives us the **freedom** to choose how we want to live.

— You know what else matters? **Repetition**. When you repeat something enough times, you turn it into a habit, and that's true for almost everything. In psychology, they say you can "**renew yourself**" simply by repeating new behaviors over and over.

— Maybe it sounds strange, but **real change isn't magic**; it's persistence, it's perseverance. It's like slowly **chiseling a stone**, bit by bit, until it takes on a new shape.

— And here's something that **fascinates** me: the change of the brain. In fact, **neuroplasticity** says that our brains can adapt. Every time you do something beneficial, you **strengthen new connections** and leave the old patterns behind. It's like, with every action, you're not just changing your brain, but your understanding of yourself. Isn't that

amazing? Those **small efforts**, even if we don't notice them immediately, are what bring **real change**.

— Another thing I think is powerful is how **gratitude shifts your perspective**. There are days when everything feels out of control, right? Those days when you feel like hope has abandoned you. But here comes **positive psychology**: there's always something good to be salvaged. Practicing gratitude, even for the small things, brings back that peace. **Martin Seligman**, a well-known psychologist, says that when you focus on your strengths and the positives in your life, it doesn't just make you happier, it also makes you more **resilient**. For instance, keeping a gratitude journal and writing down **three good things** every day might seem like a small thing, but it actually helps you not forget what's good in your life.

— And then there's **Nietzsche**, who talked about the "**will to power**." It's not about controlling everything around us, but about **overcoming the limits** we place on ourselves. Because, in the end, true change **starts within us**.

— Change isn't something you do once and that's it. It's a **constant commitment**, a decision that goes beyond solving momentary problems. It's our human ability to move forward, to keep going, even when **obstacles** seem insurmountable.

6 The Path of Personal Growth: A Philosophical and Psychological Perspective

Personal growth… What an interesting topic, isn't it, Raúl?

—Yes, Pepe, we all have this idea tucked away somewhere in our minds, even though sometimes it seems like we put it on hold. But in the end, one way or another, we are always looking to improve, to take another step forward, even if it's a small one.

—Absolutely, Raúl. **What we build—both the good and the not-so-good—is what leaves our mark on the world.** And if you think about it, this isn't something new. Great thinkers have always talked about it, not to give us magical formulas, but to remind us that with a little reflection and willpower, we can all change.

—Because really, Pepe, **the essence of this path isn't about achieving perfection but about the effort to be a little better each day.**

—It's so easy to get caught up in focusing on what we lack, isn't it? It happens to all of us. **And yet, Raúl, why not turn things around?**

—When we learn to appreciate what we already have, Pepe, we discover **an inner peace that can't be found anywhere else.** It's not about settling; it's simply about learning to value what is already in our hands.

—That's right, Raúl. **Daily life often pushes us to always want more, but many times, true fulfillment—the kind that really fills us—comes when we stop, breathe, and recognize what we've already achieved.**

—**Humility, Pepe, reminds us that no matter how much we accomplish, there is always something more to learn until our very last day.**

—Accepting our limitations isn't easy, Raúl; no one likes to admit them. **But when we finally manage to do so, we begin to see the world differently.**

—That's true, Pepe. **Humility, as we've learned from philosophy and psychology, is simply accepting that there is always something more to learn.** It helps us enjoy life more and recognize that there is always someone or something that can teach us something new and valuable.

—**Living with humility, Raúl, makes it easier for us to step away from the constant need to measure ourselves by external success.** Instead of focusing on victory or wealth, we can focus on deeper goals.

—And that, Pepe, **allows us to find meaning even in the most difficult experiences.** As Viktor Frankl pointed out, what truly matters is not external goals but **how we give meaning to what we experience.**

—Sometimes, **knowing when to say "no" at the right moment, Raúl, is what brings us the greatest peace of mind.**

—Who hasn't followed an impulse and regretted it later, Pepe? **True fulfillment—the kind that truly nourishes us—comes when we stay true to what we truly value.**

—That's right, Raúl. It's not always easy, and there's nothing wrong with failing from time to time.

—But, Pepe, **when we manage to delay immediate gratification for something that truly matters to us, we feel we are on the right path.**

—We live in a society, Raúl, that conditions us to measure our worth by achievements, possessions, and "success."

—But, Pepe, as Viktor Frankl pointed out, **the true purpose of life isn't found in external goals but in how we navigate what we experience.**

—And when we manage to **give meaning to every experience, Raúl—especially the painful ones—that's when we truly discover what matters most.**

—**Consideration for others, Pepe, is just as important as learning to value ourselves.**

—When we learn to be happy for the success of others, Raúl, **we stop seeing life as a competition.** We focus on our own path and stop comparing ourselves, and **that peace of mind, believe me, is priceless.**

—In the end, Pepe, we always have two choices: **to compare ourselves to others or to look inward and discover who we are and how we want to be.**

—**Practicing virtues like gratitude, humility, and self-restraint, Raúl, is what allows us to build a truly fulfilling life.**

7 The Three Pillars of Existence: Time, Space, and Life

—**Listen, Raúl,** have you ever thought about these three things that actually form the foundation of everything we experience? **Time, space, and life itself.**

—Of course, Pepe. **It's like they're all connected, right?** But you know what? **We don't always grasp their importance or how to manage them.** Sometimes, we treat them as if they were infinite, as if they just happen to be there. **But it's so much more than that.**

—They are **limited,** Raúl, and **every moment matters.** There are decisions we make that leave **a huge mark,** even if we don't see it at the time. **That's why it's worth taking a moment to think about how we use them.** It's not about obsessively organizing everything but about learning **to appreciate each moment, to live with awareness.** Because, do you see what I mean? **When you truly understand this, even the simplest things can change your life.**

—Yes, **you're on the right track.** But it's not just about the present moment, Pepe. **Space is also crucial.** Have you ever noticed how **your emotional state shifts**

depending on where you are? A messy, chaotic place is **not the same** as a tidy, pleasant one.

—That's true, Raúl. **The places we move through affect our well-being more than we realize.** Our peace of mind, our ability to focus… all of it is connected to our surroundings. **You don't have to be obsessive about order, but creating a comfortable environment can transform your daily experience.** Even something as simple as setting aside a space to relax or work can bring a sense of **harmony.**

—And then there's **existence itself,** Pepe. **Something so obvious that we forget it so quickly.** To **live—truly live—**is much more than just staying on **autopilot.** It's about **appreciating the present moment, valuing the people around us, and respecting others.**

—Exactly. **It's not just about taking care of yourself or getting through the days.** It's about **living with intention, Raúl.** Every person we meet, every moment we have… **they all matter.**

—It's like **time, space, and life** are an **inseparable trio,** right? **The way we handle each of them says a lot about how we value ourselves.** If we **protect our time, make our spaces meaningful, and honor life,** everything gains more depth. **It all connects.**

—That's right. And look, **there's no need for drastic changes** to make progress in these areas. **It's the small details that truly make a difference.**

—Like **taking a moment each day to reflect,** right? Pepe, **it doesn't have to be complicated.** Just thinking about **how we use our time, how we feel in the places we inhabit, and how much we cherish our relationships.**

—Or **protecting the spaces** where we spend our time, Raúl. **Creating pleasant environments, surrounding ourselves with people who appreciate these shared spaces.** This generates **positive energy** that contributes to our growth.

—And **ourselves, Pepe.** Everything we do—from **the food we eat to the way we rest—**reflects how much we **value life.** It's in those **small details** that we show **respect,** not just for **ourselves but for others as well.**

—In the end, Raúl, **the importance of preserving time, space, and life isn't just about better organization.** It's a **way of seeing the world,** recognizing that **everything has its significance.** And when we appreciate this, **we realize it grants us both greater freedom and greater responsibility.** As Viktor Frankl said, **even in the most difficult moments, we can find meaning if we focus on what truly matters.**

—That's right, Pepe. **Honoring these three things isn't something we do occasionally—it's a way of life.** It allows us to **be more present and to live with greater purpose.** And in a society where **it's so easy to forget the importance of each day,** preserving these things reminds us just **how essential it is to grow and enjoy the journey.**

8 The Power of Perception: How Emotions Shape Our Reality

Interesting how perception works. It's not just that we "see" the world with our eyes; in fact, everything we feel, what we want, and what frightens us influences how we interpret what happens around us. Sometimes we think we perceive reality as it is, as if it were something objective, but the truth is that our perception is full of aspirations, fears, uncertainties, and even our own complexes, which leave their mark without us noticing.

—It's like each of us has **unique glasses** made from the lenses of our emotions and beliefs. That's why we perceive the world in our own way, without realizing how much of what we carry inside affects everything we think we see "outside."

—**Visual senses** are the ones we use the most to assess what's happening. They give us an immediate picture of what is taking place. However, the truth is that what we perceive is only **a small part** of everything that is actually happening.

—Our brain, in an attempt to complete the picture, **fills in the gaps** with previous ideas and beliefs, which sometimes may not be accurate. This process is related to **"confirmation bias,"** a human tendency to look only at information that confirms our beliefs. This can lead us to mistakes, making us think that what we see is **absolute reality.**

—Have you noticed how sometimes **our emotions play tricks on us?** —he continued—. When we are nervous, sad, or simply stressed, what we see can look completely different. It's as if something objective or insignificant suddenly becomes an annoyance or even a **threat.** Our brain is so powerful.

—And when we are in the grip of emotions, the way we interpret what is in front of us changes—**and how it changes!** Everything can seem darker or more complicated than it really is.

—Our brain has a special ability to make us feel that **everything is under control,** as if nothing could escape our eyes. However, reality is completely different: although it processes information at an incredible speed, it also puts us at much greater risk than we think. In fact, we can perceive only **fraction** of what is happening around us, even though sometimes we have the **illusion of fully perceiving everything.**

—And finally, **what we choose to focus on** changes entirely depending on how we feel at a given moment. We act as if the whole story is in front of us when, in reality, we only know **a few lines.**

—Here, another factor comes into play: **bias.** For example, if we tend to be pessimistic, every situation might seem negative or threatening to us, while to another person, the same situation might seem completely normal.

—This is a phenomenon called **"negativity bias,"** which makes us focus more on negative aspects than positive ones. **Has it ever happened to you?** —he asked, looking sharply—. You dwell on criticism or a bad moment while positive things pass you by without you noticing. It's as if, without realizing it, **the brain becomes a magnet for negativity.**

—It's not easy to recognize this bias, but if we don't, we risk seeing life through **a dark and pessimistic filter.** The good news is that if we become aware of these biases, our emotions stop having such a strong influence on what we think or feel. In the end, **being a little critical of ourselves and observing ourselves** helps us see things in a more balanced way.

—Recognizing **our essence, our emotions, and our reactions** is like having a compass that guides us in the right

direction. When we understand how our emotions affect what we see and experience, we can begin to make **decisions more calmly,** without neglecting our impulses. Of course, this is not something achieved overnight, but gradually, **it becomes an invaluable resource.**

—An important term here is **"metacognition."** It sounds complicated, but it's simply about **learning to observe our thoughts.** It's similar to practicing self-reflection: recognizing when we react in a certain way because of a belief or a strong emotion. This allows us to take a different perspective and **gradually see a more realistic interpretation of the situation.**

—Seeing things clearly is not easy. In the end, **our emotions, desires, and fears always seep into our vision,** shaping how we interpret what happens. **The real challenge** is to recognize these emotional filters and learn to look at them from a slight distance, like someone observing from the outside.

—**Making the effort to observe ourselves and reflect on life** helps us understand the world more fairly and also live more authentically. When we understand how our emotions influence what we see, we can step back, observe circumstances calmly, and **make decisions that truly benefit us.**

—**Daily self-reflection** not only helps us correct these distortions but also allows us to **develop a more balanced life** and **focus on what really matters.**

9 Intention and Self-Control on the Path to Self-Realization

—Can you believe it, Pepe? Changing what we feel and what we want is **not simple at all**, right? It takes **willpower**, **persistence**, and a few **pauses to think**. Many times, we don't even notice—we act on **autopilot**, as if driven by inertia. But learning to stop for a moment and decide how we truly want to respond is one of the **greatest challenges** we have.

—Absolutely, Raúl. **Self-control** doesn't mean stopping ourselves from feeling, right? It's more about learning how to **manage** what's inside. It's not about **suppressing** ourselves but about taking all that mess of emotions and giving it **direction**. Guiding it toward something that improves us—**don't you think**?

—Of course. Look, many times, the biggest **obstacle to change** is ourselves. The **ego**, my brother, the ego. We do things just to be recognized, to hear: "Well done, you did it!" But you know what? When you start acting with **sincerity**, without expecting pats on the back, something shifts. That **need for recognition** disappears, and you no longer crave

applause. What matters is the **impact** you leave behind, what you build—not how much **noise** you make.

—Yeah, when you stop seeking recognition, the way you **give** also changes, Raúl. It's no longer something **superficial**, just to check a box. It comes from **within**, truly. **Generosity that transforms**—not just others, but also yourself.

—Exactly, Pepe. Giving like that, without ego, is like winning an **internal battle**. You let go of what you want in the moment and focus on something **greater**, something that truly has meaning.

—And look, in all cultures, there has always been an attempt to balance what each person wants with what the **community needs**. It's important to think about others, to be a little **altruistic**. Because in the end, when you take care of your relationships, you're also building something more **just** for everyone.

—Of course, and it's not just about helping others—it also **improves us**. It gives life **meaning**. It's no longer just "me, me, me." You start looking **beyond** yourself, connecting with something **deeper**.

—And by the way, Raúl, **respect is key**. Treating people well, genuinely caring for others, is what builds **true**

friendships. It's not just about being there out of **obligation**, but about truly feeling it **inside**.

—Totally, Pepe. **Empathy** and **kindness**, in every aspect of life—personal or professional—help you leave behind all the **negative energy**. Little by little, you build **real connections**, the kind that truly matter.

—And living **generously**, Raúl, without expecting anything in return, is something else entirely. It's not accumulating things that makes us **happy**. It's the ability to help others. That's what **transforms us** and helps us **grow**.

—That's it, Pepe. That's what gives us **purpose**. Knowing that you did something good without expecting anything in return. That's a **satisfaction** that can't be replaced. And look, there's **power in unity**. When people share **values** and **goals**, that's where real **connection** is formed. If everyone just goes their own way, there's no **empathy**, no **progress**.

—Yeah, unity makes us **stronger**. When it's for the **common good**, when there are no hidden motives, everyone **thrives**. That's how you build something truly **worthwhile**.

—And about **leadership**, Pepe… leading isn't about commanding, not at all. It's about understanding others, knowing what they need, but doing it with **respect**. A good leader never feels **superior** to anyone.

—That's right, Raúl. A leader who leads with **empathy** is the one who truly leaves a **mark**. He doesn't step on anyone, doesn't impose. He knows how to **guide** with both his **mind** and his **heart**.

—And also, to **accept**. To understand others' emotions without **judgment**. Because when we ignore emotions, those same emotions become **obstacles** that hold us back. Don't you think?

—Of course, Raúl. A good leader has to be **balanced inside**, knowing how to manage what he feels and guide others from that **inner balance**. That's **real strength**. And when you lead with **empathy**, without making anyone feel lesser, you strengthen **respect**. It's a **win-win** for everyone. No one loses —everyone **grows**.

—Listen, Pepe, to achieve real, deep change, you need three things: **intention**, **empathy**, and **self-control**. It's about letting go of **selfish desires** and thinking a little more about others.

—And when you decide to be **generous**, to reflect, and to look within, that's when you start discovering what you can truly give. And not just that, Raúl—you contribute to a more **just** and **compassionate society**. That's the **key**, Raúl.

10 Motivation, Pleasure, and Fulfillment: The Driving Forces of Human Action

—You know what, Raúl? Have you noticed how **motivation**, **enjoyment**, and **satisfaction** are the things that push us to get up every morning? From the moment we open our eyes, these three are like a little engine, right? But the big question is: what kind of **enjoyment** really keeps us on track? How do we make sure that the temptation of what's **immediate** doesn't pull us away from what really matters?

—You're totally right, Pepe. **Motivation** is very much tied to **enjoyment**. Every day you wake up with the hope of achieving something, reaching a goal, even if it's small. It's like **fuel**. But, notice, not all types of **enjoyment** are equal. **Immediate enjoyment**, the kind that calls out to you with "do it now!", almost never lasts long enough to keep you going. **True satisfaction** comes from things that **grow** you, those that require **effort**.

—Exactly, and this is very clear to psychologists. Look, **immediate enjoyment** is tied to **immediate satisfaction**,

like when you buy something you don't really need or watch something on TV just to kill time. Yeah, it calms you for a moment, but if you don't set limits, it can pull you away from what you really want.

—Because **growing** isn't a sprint, Pepe; it's more like a long run. You achieve something, feel good; it gives you strength to keep going. But, what happens if you don't find **satisfaction** in what you're doing or if no one appreciates your **effort**? Well, your **motivation** disappears, and without **motivation**, there's no **growth**.

—And let's not even talk about **destructive criticism**, Raúl. The one that forgives neither others nor yourself. How much **damage** it does! If you're constantly **criticizing** yourself, or if someone else does it, it's like pouring **cold water** on your desire to move forward. On the other hand, when someone appreciates what you're doing, even a small step, it fills you with **energy** to keep going.

—Today everything is designed for us to fall into **immediate enjoyment**. This is the age of what's **immediate**: fast food, one-click entertainment, one-click shopping. But it can make us lose sight of the **achievements** that really matter, the ones that are built with time and **dedication**.

—Exactly. Because **real growth**, whether as a person, in your work, or spiritually, takes time. There are no shortcuts,

Raúl. The **deeper kind of enjoyment**, the one that truly fills you, requires more **effort**, but it also lasts longer. Like Grandma said: "Good things are cooked on a low flame." Do you remember **Viktor Frankl** and **Sartre**? Frankl said that what gives **life value** is the **purpose** in what you do, especially when things are tough. And Sartre? He insisted that we're **free** to choose, but with this **freedom** comes the **responsibility** to give **meaning** to what we do.

—Of course, Pepe. When you focus only on **shallow things**, you risk losing what really matters. It's like filling a jug with **leaking water**: it looks full, but it doesn't hold. The constant search for what's **immediate** can leave us with empty hands, instead of something **meaningful**. And here comes something important: **self-criticism**. If you're constantly **judging** yourself for what you haven't accomplished, without giving yourself **credit** for **progress**, even the smallest, you end up with no **motivation**. But if you allow yourself to acknowledge those steps, you feel it's worth continuing.

—It's like what **Nietzsche** or even **Frankl** pointed out. You need to look beyond our **momentary desires** and commit to something **greater**. And look, Raúl, **science** backs us up: the brain can change through **neuroplasticity**. If we repeat things that are good for us, little by little we build an **improved version** of ourselves.

—For this **change** to be real, it's not enough to just want it. You need to focus on **satisfaction**, not **criticism**. Because people grow best when they feel their **effort** is worth it. It's not just **personal**, it's also in our **relationships**. Valuing small **achievements**, yours and others', is like a **virtuous circle**: you gain **motivation**, strengthen **connections**, and keep growing.

—Because **personal growth**, Raúl, is about finding this **balance**: enjoying the small pleasures, but not forgetting the big goals, the ones that really matter. It's not easy, of course it's not. It takes **persistence**, **practice**, and a lot of desire to **improve** day by day.

—Exactly, Pepe. Because real **change**, both in us and in what we build as a society, comes when we know how to enjoy the **present** without letting go of our big goals. In the end, what truly nourishes us is the **effort** we put in and the **deep satisfaction** in knowing that we are moving toward a **life with purpose**.

11 The Art of Discussions: Avoiding Conflict and Fostering Understanding

—Look, Raúl, all this about arguments… **there's no escaping it, they're part of life itself.** It happens to all of us: at work, at home, with friends, everywhere. **Sooner or later, we find ourselves in the middle of a mess that needs to be solved; there's no other way.** But not all arguments carry the same weight, and not all of them take us to the same place. **Do you understand me?**

—Yes, Pepe, of course I understand. **Some arguments, although they start out a bit tense and make us raise an eyebrow, in the end are good.** They're the ones that shake you a little, open your eyes. **They make you see things that, honestly, you hadn't thought about at all.** Sometimes they even take you to new ideas or solutions you wouldn't see on your own.

—But there are also the others, Raúl. **The ones that come with a lot of bad energy, with ego.** They don't help, they don't bring you closer. **They actually push you away and create friction, like every word is another brick in a wall that divides.**

—Here lies the key, Pepe. **The arguments that are truly worth it are the ones where both sides enter with a genuine intention to understand the other.** However, when one enters to win or impose their opinion, then we're in trouble! **Everything intensifies, like you're stuck in a closed circle with no way out.**

—That's right, Raúl. And look, **every argument has an emotional background, right?** What matters is the "why" behind every conversation or fight. **If someone is arguing to find the truth or a solution together, we're on the right track.** But if your goal is to prove to yourself that you're right, just because of ego, then everything changes. **And very much so.**

—There's a name for it, Pepe: **the famous cognitive bias.** It drives us to hold on to what we already believe, without really listening to the other. When ego takes control, every argument from the other side is seen as a personal attack, not as an opportunity to learn something new.

—Exactly, Raúl. **And this only leads to a closed conversation, where what could've been an enriching talk turns into a conflict that harms the relationship.** But when there are constructive arguments, the atmosphere changes. **No one is there to dictate something; it's a matter of**

collaboration, of contributing ideas. It's as if, instead of competing, we're building something clearer together.

—And for that, Pepe, **you need to listen for real.** The famous active listening, which isn't just nodding your head, but allowing the other to speak, think about what they're saying. **Even ask yourself questions about your own ideas and accept that you might be wrong.**

—That humility, Raúl. **To be open-minded so we can manage our emotions and build a better connection with the other.** However, let's not be fooled, many times what sparks an argument are personal interests. If someone enters seeking recognition, approval, or just to validate what they already believe, then the conversation loses its value. **Pride, arrogance… all those emotions blur our judgment.**

—Yes, Pepe, and when we're ruled by ego, **anything that doesn't fit our version of reality is seen as a threat.** We don't think, we just reject. **And this happens everywhere: in relationships, at work meetings, everywhere.** Arguments driven by ego almost never end well; they almost always end in bigger conflicts.

—That's where the trick lies, Raúl. **Knowing when emotions are in control.** Like Daniel Goleman, the emotional intelligence expert, says: **when you're about to explode, it's**

best to stop. Take a moment before you release something and give yourself time to think clearly.

—And patience, Pepe. **Patience is gold here.** Listening without rushing, without already thinking about what you're going to reply, allows you to really grasp what the other is trying to say. **Many times, what seems like a simple fight has something much deeper behind it, like fear or insecurity.** Understanding this helps us solve the problem at its core, not just miss the point.

—Because, Raúl, **arguments can be traps that lead us to conflict, or they can be opportunities to grow and strengthen our connections.** It all depends on how we approach them. **The real art is knowing how to control our emotions and understand what drives every word we say.**

—In the end, Pepe, **what matters is listening beyond words.** Connecting with what the other truly feels. **That's how arguments turn into spaces of respect and collaboration.** We move forward together to a better understanding; healing the differences instead of adding more.

—Because, Raúl, in the end, **it's not about who wins, but about building a bridge to mutual understanding.** A place where both sides feel heard, respected, and understood. **And there, my brother, we find solutions and can move forward to coexist in harmony.**

Part 2: Beyond the Ego – Ethics, Relationships, and Responsibility

12 The Art of Balance: How to Prioritize What Truly Matters

Life is a **continuous balance**, right? Every day we choose one thing over another. And these choices, even if they seem simple, in the end, **shape who we are**.

—Totally, Pepe. And what's most interesting is that often we **prioritize what's urgent over what truly matters**, without even noticing. It's like the **rhythm of daily life** traps us, and we miss out on what truly has value.

—Yeah, brother. We get into the mindset that we have to solve everything, and that's when we start **sacrificing things** that truly fulfill us. Do you remember how many times we've said, "I work hard for my family"? But at the end of the day, there's no time left to be with them. We come home **so exhausted** that we don't even have the energy to recognize ourselves in front of them. That's exactly where we lose our **balance**!

—That balance, Pepe, is one of the **most delicate things**. Look, it's one thing to hold on to values like responsibility or empathy, but it's completely different to know when to place **one value above another**. Without even

realizing it, **work and money** pull us in. They make us forget why we even started working in the first place.

—And here's the thing, Raúl. We live in the **illusion** that we're doing the right thing, that "this is what needs to be done." But you know what? If we think about it deeply, there's always time for work. What there isn't always is **time for ourselves**. For friends, for children. It's like we've lost our **compass**, and we no longer know how to distinguish between what we want and what we need.

—Because when everything clashes, brother, we need to ask ourselves: Are we **sacrificing what is essential** for what is urgent? Look at the most common example of parents working late to "give their children the best," but in the end, they barely see them. Right there, Pepe, is the moment when the **things that really matter** begin to slip through our fingers.

—Sometimes we're so **obsessed** with a certain ideal that we lose ourselves. We fill ourselves with **stubbornness**, without stopping to think about the costs. And listen, Raúl, even the best reasons have their limits. **Not everything justifies every sacrifice.** The real wisdom is knowing when to let go, when to insist, and when to step back and reflect.

—Of course, Pepe. But it's not just about everyday decisions. We also need to take **personal development** seriously. Because if we don't, we simply shrink, brother. We

live in a society that only values the economic, and there we forget that the **emotional and psychological** are what truly give us peace.

—Because to be whole, Raúl, is to invest in ourselves. You can't go through life without space for **reflection** and growth. Listen, **emotional well-being** is as essential as the bread we eat every day. If we neglect it, we're basically **selling our future for coins**.

—And here's the thing, Pepe. A **balanced life** isn't easy, but it's the only thing worth the effort. Every day, our values come into play, and that's when it's time to carefully consider our **priorities**. It's not enough to hold on to good values; we also need to know how to **place them properly**.

—Exactly. **Ethics**, brother, is not just a theory to decorate ideas. It's a tool to understand the **consequences** of our decisions. Because everything has a price. At work, with family, with ideals. Everything requires **caution**. Our decisions shouldn't cause more harm than good.

—As you say, Pepe. In the end, life is this **balance**. This constant movement. No value stands alone when it clashes with another. The real ability is to maintain the **balance**, to live **responsibly**, and most importantly, in **peace**.

—And there, Raúl, that's where the true **art** lies. In finding this balance. Because right there, exactly there, is the **art of living truly**.

13 The Strength of Loss: How Pain and Absence Propel Us Forward

—Raúl, have you noticed how life sometimes takes you from one extreme to the other? It's like it forces you to stop and think. **And yes, those tremors hurt.** It's that feeling of emptiness, like something isn't whole. **But if you manage to take advantage of it, this pain can turn into an open door to growth.**

—You're totally right, Pepe. Sadness isn't easy. It's like a guest that shows up uninvited, and you'd rather not host. **But you can't spend your life running away from it.** When you truly feel it, when you recognize that emptiness, **it's like something inside of you awakens.** It moves you, shakes you, and forces you to look at what you really need. **Without these jolts, we stay in the same place, on autopilot, without changing a thing.**

—It's just like hunger, Raúl. Think about how delicious food is when you're really hungry. **That emptiness is what allows you to enjoy it so much.** Life is the same. If we don't feel like something's missing, how can we truly appreciate what we achieve? **But, be careful, even the thing**

we love most loses its magic if we repeat it over and over. Pleasure and emptiness are linked; they're inseparable partners.

—**That's true, Pepe.** The important thing is recognizing the gaps, even if they're uncomfortable. Because, **even though no one likes feeling empty,** it's that very emptiness that drives us forward. **Staying comfortable is easy, but it's also like freezing in place.** That little pain, that discomfort, **if we embrace it, becomes a spark that gives you energy.** It forces you to move.

—**Exactly, Raúl.** And here's the interesting power of pain. **If you manage it properly, it doesn't stop you.** On the contrary, it turns into pure fuel. **It's not the pain that defines us, it's what we do with it.** If we face it, understand it, and use it, it stops being an obstacle. **It turns into a tool, a drive that pushes you forward.**

—**Definitely, Pepe.** It's like powerful fuel. The trick is not to run away from pain but to turn it into a reason to act, to improve. **Because, let's face it, if everything were easy, what would push us to want more, to seek something better?** It's in that emptiness that we find the strength to move forward.

—**But pay attention, Raúl, sometimes it's not that we don't want something, it's that we don't feel like it's really missing.** That's where motivation slips away. **When**

we're unaware of our gaps, it's easy to give up on any goal. This is true for everything, from our health to our relationships. **If we don't feel that emptiness, how can we fill it?**

—**That's the trick, Pepe.** True motivation comes from honest reflection. We need to take time to think about what's missing and how it affects our lives. **Only then does the motivation that lasts appear.** It's no longer something fleeting; it becomes part of you because it has a clear purpose.

—**And look, Raúl, happiness and sadness aren't enemies like they've always told us.** Sometimes, **that sadness that makes you think about what you're missing is exactly what leads you to the path of happiness.** If we understand it right, sadness drives us to grow and pushes us toward a life that truly makes the effort worth it. —**That's right, Pepe.** They taught us to avoid sadness like it's something bad, but actually, **if you manage it right, it can be your best ally.** It's like an uncomfortable but honest friend who tells you what you need to hear. **Pain, when understood, isn't an enemy; it's the energy you need to deal with life and get closer to your goals.**

—**In the end, Raúl, it's not about running from pain.** It's about learning to use it to change. **When we truly feel what's missing, we find the motivation to fight.** And

that fight, Raúl, **is what ultimately leads us to real happiness.** Not momentary happiness, but one that truly lasts.

14 The Challenge of Inner Change: Transforming Desires and Emotions to Achieve Self-Control

—Raúl, changing from the inside out is no small feat, is it? It's like diving into the deepest, most hidden part of yourself and asking: **What do I really want? What do I feel?**

And of course, it's not easy at all. Because, between us, who wants to face fear, insecurity, or anger? But **if you don't dare to look them in the eye, in the end, you'll react without thinking**, and we know how that can end.

—You're totally right, Pepe.

Those impulses come without warning. **If you don't stop for a moment to think about what's behind them, you fall into the same patterns**: reacting without thinking, making mistakes, and worst of all – getting stuck in that same cycle. **Real change requires thinking, but it also requires commitment to yourself.**

Because saying "I want to change" isn't enough. **A lot of people say that, but it's something entirely different to have the courage and willpower to control those impulses.**

—Exactly, Raúl. It's not just about saying "I want to change."

Change starts when the **desire to improve is stronger than the fear or the comfort of continuing the automatic response.** And look, this connects to something we always talk about: **when you give something, whether it's your time, your effort, or anything else, what really matters is the intention behind it.**

If you give from the heart, sincerely, **it doesn't just impact others – it changes you too.**

—You hit the nail on the head, Pepe.

Giving isn't just about offering material things. Many times, **it's enough to give attention, invest energy, or truly listen.** And when you do this with the genuine intention to help, not out of obligation, that act of giving **also changes you from the inside.**

It's like every **authentic gesture** you make helps you grow. There's no doubt it improves your relationships, but also **the way you see yourself.**

Because when you have a **genuine purpose**, something deep inside you changes. It's like **connecting to your most authentic self.** There are

no hidden agendas, no expectation of receiving something in return.

You simply give, and that connection not only benefits the other person – **it lifts you up.** You begin to see the world and yourself in a clearer, more authentic way.

—That's true, Raúl. Change and growth are connected much more than we sometimes think.

When you understand why you want to change and do it with a **clear intention**, you begin to change the emotions that used to make you react automatically. And it's not that you stop feeling. On the contrary, **you use those emotions for something bigger, something that truly matters.**

—Exactly, Pepe. It's not about suppressing what you feel, but about channeling it.

It's like when you give something with **pure intention**: it changes things. The same happens with personal change. When your **goal is clear**, your actions begin to align with your values and objectives.
And then you experience an **inner peace** that is irreplaceable.
—Yes, Raúl, because that peace comes from self-control.

But notice, it's not an easy path. You need to think, ask yourself questions, and be ruthlessly **honest with yourself.**

But when you manage to **align your feelings, thoughts, and actions**, you reach a level of peace and self-control that is very difficult to shake.

—**That's true, Pepe.**

This combination of **clear purpose** and **emotional change** is what really drives you to evolve. It's a process, true, but it's worth it.

Because in the end, when you're in **harmony with yourself** and feel like you have control over your life, everything takes on a deeper meaning.

And the best part – **your actions begin to reflect who you truly are.**

That's the difference. It's not just about changing for the sake of changing, but **doing it with intention, with purpose.**

Because that's where true growth lies, the kind that isn't shaken by any challenge.

Achieving that goal is a big challenge, but also the greatest satisfaction.

15 True Love: Effort, Responsibility, and Commitment

Let's see, Raúl, this topic of **love** affects all of us, right?

It's something that's always in the background, swirling around us.

Sometimes we take it for granted in simpler things, like a **beautiful moment** or the **shared connection** we maintain with people.

But, you see? **True love** has much deeper depth.

It's not just something that happens; it requires **effort**, **commitment**, and, above all, **inner work**.

—You're absolutely right, Pepe.

A lot of people think that love is just a **feeling** or that state of falling in love that seems like **magic**.

But notice, when you talk about **responsibility**, many feel like it takes away the spark.

What they don't understand is that **responsibility**, when understood correctly, is not burdensome.

It's about **protecting** what's dear to your heart, and it doesn't take away from the magic of love; on the contrary, it makes it more **real**, **stronger**.

—Not at all. It's fascinating because we think **commitment** is a burden,

but in reality, it's what makes **love** real and lasting.

When you choose to commit to someone or something, you're not doing it out of **duty**, but out of the desire to protect what's important to you. That responsibility doesn't **limit** you, Raúl; it gives you **direction**.

—Exactly, Pepe, but we also have to recognize that not everything we call **love** is truly love.

Think about it. Sometimes we focus more on what **satisfies** us than on the other person.

It's like when someone says they love **art** or **music**, but what they really appreciate is the **feeling** they experience when they listen to it.

In relationships, it's the same: it looks like love, but if you dig a little deeper, it's a **transaction**.

I give you, you give me.

—That's what they call **conditional love**, right?

It's better than pure **self-interest**, of course, because we do care about the other person, but it still has its **limits**.

I mean, if something changes, this "love" can **disappear**.

But the story of **unconditional love** is different.

That's **real love**, the kind that's not based on what you get.

Like the love a parent feels for their children. They love them because they see them as part of their **identity**, not because they expect something in return.

—Yes, Pepe, and I think to reach that kind of love for others, we need to see them as part of **ourselves**.

We are connected, even if we sometimes forget that.

But notice, **unconditional love** doesn't mean giving up on **ourselves**.

In fact, it's about recognizing that we're on a **shared journey**, that we're in the same boat.

—That reminds me, Raúl, **deep love** doesn't just appear out of nowhere.

You have to **work** on it.

When you invest **time**, **effort**, and **energy** into someone, that person becomes a part of you.

That's why parents often feel a special kind of love for the child who kept them up many sleepless nights.

That effort creates a much stronger **bond**.

—Effort, Pepe, not only creates bonds. It also **opens your eyes**.

It helps you see beyond the **immediate**.

To truly love isn't easy,

but being willing to put in the effort, to **nurture**, is what makes it so **meaningful**. That effort, far from limiting you, makes you feel more **whole**.

—Exactly, Raúl.

We live in a time when everyone is looking for **complete freedom**.

We do only what makes us happy in the **moment**, and try to avoid anything that smells like **obligation**.

But in the end, that **freedom** leaves us without **true love**.

Because love, **true love**, needs **commitment**.

It requires **devotion**, even when it's hard.

—There's the **paradox**, Pepe.

The more we avoid **commitment**, the less able we are to truly love.

Love asks for **devotion**,

and with that devotion comes **responsibility**.

But right there, in those moments of **effort** and **commitment**, the lover **grows** and **strengthens**.

—In the end, Raúl, love is not something that just happens.

It's the result of an effort to see **beyond yourself**. When you truly **commit**, the other person becomes part of you.

And in that effort, the **deepest bonds** are born.

—That's right, Pepe.

In the end, love is for those who are willing to look **beyond themselves**.

It's what gives life **meaning**, what connects us.

It's the highest expression of our **humanity**,

because it allows us to see in others an **extension** of ourselves.

16 The Constant Drive to Overcome the Ego

—Look, Raúl, have you ever thought about the question, **"How can I truly be helpful?"** Because, look, it seems like everyone measures success by what you have or how far you've come in your career. But you know what? **At the end of the day, I feel that true fulfillment is so much beyond accumulating things or boasting about titles.**

—You're totally right, Pepe. **It's like we're trapped in the idea that only what is visible, what is tangible, is what matters.** But what do we leave behind? **If you think about it, a machine is worth something because it produces more than it consumes, right?** So what's the meaning of a life that only consumes and leaves no mark?

—Yes, Raúl. We live in a society that pushes us to seek happiness through consumption and comfort. **But, let's be honest, does that really fill us?** I think true happiness doesn't come from **"having it all."** It comes from knowing that your actions have meaning, that you're contributing something good. **And when you change that mentality, you start seeing things differently, even your own actions.**

—Exactly, because we're so used to focusing only on ourselves. **This idea of "living for me" takes us away from something essential: giving and being helpful to others.** It's interesting, isn't it? **In the end, it's not what you have, but what you give, that truly leaves something within you.** True joy is found in knowing that your actions are having a positive impact, even if it's small.

—And listen, Raúl, sometimes you need to ask uncomfortable questions. **Like when you come home after a long day: does your presence add something positive to your family?** Are you really contributing to the lives of those around you? Because if the answer is **"no,"** then you have an opportunity to change, right? **To be a positive influence.**

—Of course, Pepe, and these questions aren't meant to make you feel bad. **On the contrary, they're for growth.** Sometimes we get stuck thinking about what we've already done or what we're missing, but look, it's like a baby: its value isn't in what it's already done, but in everything it can be. The same thing happens with us. **Our value is in who we are now and in what we can still contribute.**

—Exactly, Raúl. **And listen, it doesn't always require doing big or surprising things.** A lot of the time, it's the simplest actions that have the most value. **A kind word, a gesture of affection, even a positive thought, can change**

someone's day. You know? It's like a chain: **what you do well can reach much further than you imagine.**

—But, Pepe, what happens when we become indifferent? **That's when we really get lost, right?** Living only for the pleasures of the moment, without thinking about growing or contributing, leaves us empty. **Have you noticed that the happiest people aren't those who have the most, but those who give the most?** In the humblest neighborhoods, you often find that sense of belonging and usefulness that's barely seen in places where **"everything's available."**

—That's true, Raúl. **When someone feels they're important to others, they find a reason to keep going.** But if everything revolves around comfort and pleasure, we lose the need to be helpful. And that leaves a very deep sense of dissatisfaction. **It's like a paradox: the more you have, the less satisfied you are if it all stays with you.**

—That's why, Pepe, I think it's so important to ask ourselves what our purpose is. **It forces us to reconsider whether our existence has been meaningful to someone, whether we gave more than we received.** It's not easy, but it's a thought that gives meaning to everything, right? **And look, knowing that you can look back and see that you made a difference in someone's life, that's truly fulfilling.**

There's no greater satisfaction than knowing your actions had an impact.

—Exactly, Raúl. **Because in the end, fulfillment doesn't come from what you have, but from what you give.** And when you stop for a moment to appreciate the impact you leave in the world, it not only strengthens your self-confidence, it also improves your connections with others. **Being helpful not only makes us better people, it's also the secret to living with purpose and wholeness.**

—That's it, Pepe. **What truly connects us to something greater is being helpful.** That's what gives us a real sense of life, what gives meaning to all of this.

This section closed the inner arc: intention, responsibility, and love as practice. Yet one question remains open: how does this ethic of the self translate when the world incorporates technologies that amplify our decisions? To avoid breaking the flow of the book, I have placed in Appendix I a brief reflection on AI and responsibility, as a practical extension of "beyond the ego."

17 Inner Change: Overcoming Frustration and Achieving Real Transformation

—Hey, Raúl, has it ever happened to you that no matter how much you try to improve something, you end up feeling frustrated? Like, despite all your will, **something always gets left behind?**

—Ugh, Pepe, don't explain it to me! **Of course, that happens.** It's like that statement you tell yourself: **"This time, I'm going to improve this or that."** You start with all the energy, but over time... **poof**, you end up back in the same place. **Real change is way more complicated than it seems, right?**

—Totally, Raúl. But look, I think the problem isn't really with the change itself, but **how we understand it.** Maybe if we approach it differently, without all the expectations and urgency, the process would be much more organic and simple. The **frustration** you're talking about, I think, comes from the fact that we don't truly understand what it means to change a paradigm.

—You're right. In the end, we're all looking to be more efficient. It's a **fundamental part of our existence**, isn't it? The desire to connect to something bigger, something that really matters. Yet then come the routines, the social media, work, a thousand daily tasks… and we get distracted, **losing our way.**

—You got it, Raúl. It's not that we lack desire, but **distractions pull us away from our inner voice**, the one that truly knows what we want and where we need to go. Look, the real challenge isn't **"creating"** a connection with ourselves, because it's already there. It's really about **removing all that blocks us from listening to it.**

—Yeah, because between the phone that never stops ringing, the emails, the news... **where do we find a moment of silence?** Taking a moment to think seems like a **luxury these days.** And look, Pepe, **it's important.** Without those moments of stillness, how do you reconnect with yourself?

—Exactly, Raúl. The key is not to find this connection, because it's always been there. The key is **preventing the noise from covering it up.** And change, if you think about it, doesn't have to be this huge monster we carry on our shoulders like a duty. In fact, it's like **coming home, going back to what we've always been**, but sometimes we forget in all that noise.

—That sounds beautiful, Pepe. Changing shouldn't make us feel guilty or sad, right? On the contrary, it should be like **that spark that connects us with the best parts of ourselves.** It's not just about fixing what's wrong, but **remembering who we truly are.**

—Exactly! **Guilt and sadness**, Raúl, only hold us back. On the other hand, when change comes from a place of enthusiasm, like a true desire to connect with yourself, **everything flows differently.** That energy to return to what matters is what truly changes you.

—But, Pepe, don't you think we're caught in an **endless cycle of distractions?** Between communication, work, and everything else, we barely have time to breathe. And so, **how can we not feel disconnected?**

—That's right, Raúl. We're so absorbed in the noise that we hardly give ourselves permission to stop. The key is to create those moments of stillness, even if they're brief, to **truly listen to ourselves.** It's not about changing our essence, but shedding all the layers that make it hard for us to see the truth. The **real challenge is creating space for that.**

—And I also think it's really helpful to talk about it. With someone who gives you confidence or even just with yourself, right? Because when you **express your feelings,**

your goals, what's troubling you, everything becomes more authentic, more accessible.

—Exactly, Raúl. It shouldn't be something we keep secret. **We need to express it, spread it.** Because when we expose it to the light, when we say, **"This is what I want to improve,"** not only will we improve our understanding, but we'll also create connections with others. It's like a **cycle of mutual support.**

—In the end, Pepe, change doesn't mean reinventing ourselves or becoming someone we're not. **It's about reconnecting with what's always been there.** We all want to be better, but we get so caught up in the external noise that we forget that **inner desire.**

—Look, Raúl, it's about taking the time, you know? If we really stop a bit to listen to that **inner voice**, things will start to find their balance.

—Right, Pepe. **You can't change anything** if you keep being surrounded by all the noise around you.

—Look, Raúl, sometimes all we need is to stop for a while, you know? **Give ourselves the time to listen to what we really have inside.** When we do that, everything starts to find its place, like things begin to balance themselves.

—Right, Pepe. Real change doesn't happen if we keep being trapped by the noise around us. But if we manage to distance ourselves from it, even for a short time, and focus on what truly matters, we'll start **living with more meaning**, with more authenticity. **Every day that passes is a new opportunity to reconnect with who we really are.**

—The question is, Raúl, **will we give ourselves that opportunity**, or will we let it slip away? Because, at the end of the day, **it all depends on us, doesn't it?** No one else will do it for us.

18 The Final Step Toward Inner Freedom

—I'll tell you something, Raúl. Doesn't it happen to you that every year we start with this idea of, **"This year is really going to be mine, this time I'll change"**? But in the end, **nothing**… we go back to the same thing. At the end of it all, you ask yourself, is it really possible to change if everything seems to repeat itself?

—Yeah, Pepe, I totally get you. Sometimes it feels like we're stuck in a closed loop, right? However, if you look at it closely, I think there's always a possibility to **renew ourselves**. Time keeps moving forward, but it also has its cycles, like the moon, constantly changing. It's as if it's reminding us that there's always a chance to **start over**, even when everything seems to repeat itself.

—Exactly! The secret is not to let the **routine swallow us alive**. Even though things may seem the same, we can decide how we interpret them. And that's what makes us **unique as individuals**, right? We can turn our story around, discover something new even in what's already been built.

—Totally, Pepe. Throughout history, many people thought we were destined to repeat the same thing over and

over. However, I'm not sure that's the case. We have the ability to **break patterns** and renew ourselves. We're not here just to copy like machines, but to **create something different**.

—Yeah, but routine **catches you without you noticing**, right? You do the same thing every day, think the same things, and never ask yourself if it's really leading you anywhere. You stay in your **comfort zone**, and in the end, it stops you.

—And it's not just about breaking the bad, Raúl. Sometimes the good things become **monotonous** too, like when you're on autopilot in a relationship or at work. It's easy to lose sight of the fact that every moment is **unique**, that we can choose how to live it. That's when renewal begins, right?

—Of course, Pepe. Renewal doesn't just involve fixing mistakes, but also connecting with something **more valuable**. Exploring the desire to keep progressing, searching for something new. It's about breaking cycles that don't bring us any benefit and starting to move toward something that gives us **real meaning**.

—And with all the noise in our lives (the phone, the networks, work), how can we not **disconnect from ourselves**? It's like we're so busy that we no longer hear ourselves. We're on **autopilot**, and that disconnects us from what truly matters.

—That's why it's so important to give ourselves a **moment of silence**, Raúl. It's not about becoming someone else, but about going back to who we truly are. Finding ourselves again. And that only happens if we make room to **listen to ourselves**, even if it's just for a short time.

—What do you think? Talking about it can be really helpful. Sometimes, just saying out loud your feelings or concerns makes everything **clearer**. It can be with someone who gives you confidence or even with yourself. But giving words to your **emotions and goals** always helps organize things.

—That's right, Pepe. And it's not just about keeping it to yourself. Talking about change, about growth, should be part of our **daily conversations**, right? It's like a constant reminder that there's always something to improve, something we can do to be **better**.

—Because in the end, Raúl, change isn't about becoming someone you're not. It's more about **reconnecting with what's already inside you**. We all want to be better, but sometimes we lose ourselves in the **noise outside**. The key is to listen to that **inner voice** that guides us and give ourselves the opportunity to **act**.

—Right, Pepe. Every day is a **new opportunity to start over**. We can't stop time, but we can adjust our approach

and live with more **purpose**. And in the end, that's what gives **meaning** to everything, right?

—Of course, Raúl. But the question is, will we give ourselves that opportunity? Because, in the end, no one will do it for us. If we want something different, it's our responsibility to **take the first step**.

Part 3: The Path Toward the World – Applying and Realizing Change

19 Envy and Selfishness in Human Nature

Say, Raúl, isn't it interesting how **envy** and **selfishness** sneak into our lives? Just like that, without warning. Sometimes we don't even notice, but they're there, as if they're part of us.

—Yeah, Pepe. It's like it comes **built-in**, right? Something **ancient**, the most basic thing in us as humans. Look, even the story of Cain and Abel shows that. Beyond it being a biblical story, it's a **great metaphor**. **Envy** made him do foolish things. Instead of focusing on what he could improve, he got swept up in anger and ended very badly.

—Of course, because **Cain** felt that **Abel's success** diminished his own value. It's the same thing as measuring ourselves by the achievements of others, you know? And instead of seeing it as an opportunity to improve, he saw it as a **threat**.

—And the worst part: Do you remember the line he says after… well, you know, what he did? "Am I my brother's keeper?" That's a cheap excuse. You can clearly see the **selfishness** and the **disconnect from the other** there. It's a way of saying, "It's not my problem; he's on his side, and I'm

on mine." But in the end, **envy** distorts everything. It clouds the mind.

—It's a cycle we all know, Raúl. First, **envy**, then **depression**. When things don't go the way you expect, and instead of using that frustration to grow, you sink into **bitterness**.

—It's like the **ego** takes over, right? And **envy**, even if you don't want it to, starts hurting you. Suddenly, you no longer see what you have; you only focus on what's good in others. It's total decay. And in today's reality, it's even worse. **Social media** is a bomb. You only see the beautiful things in other people's lives and there you are, feeling less, as if your life isn't enough. Everything looks so perfect, so curated.

—But here's the trick. If you focus so much on what others have, you lose what you have. It's a great trap because **envy** blinds you. It steals your **gratitude**. You don't enjoy what you have, and you don't notice your own achievements.

—Exactly, Pepe. Even though it's not easy, I think the solution is to be **happy for others**, right? Not in some fake "Wow, that's so great for you!" way, but really feeling that someone else's success doesn't take anything from you. On the contrary, it can even be an **inspiration**.

—That's it, Raúl. Seeing others as **partners**, not rivals. And focusing on what you want for yourself, not what others are doing. Sometimes it's hard because we fall into comparisons, but when you succeed, everything changes. It's less of a burden on the back.

—And you know what? The story of **Cain** and **Abel** is still a very important lesson today. **Greed** and **pride** only lead to destruction. They taint us, distance us from others, and even hurt us ourselves.

—Yes. And I think the key to dealing with these heavy emotions is **gratitude**. When you're thankful for what you have, you even feel lighter. And if on top of that, you learn to rejoice in what's good in others, you find a different kind of **peace**. It's not easy, but it's possible.

—That's right, Pepe. It's a **daily job**, but it's worth it. Because living without the burden of **envy** gives you **freedom**… and in the end, that's what we want, right? To live in **peace**, at peace with ourselves and others.

—That's right, Raúl. In the end, that's what truly matters.

20 The Tension Between Idealism and Authority: Reflections on Social and Personal Change

—**Tell me, have you noticed** that we're always caught in this struggle between what we dream of and what the laws force on us? It's like it never ends, right?

—Pepe, **don't tell me!** It feels like it's always been this way. Look, since the days of the flood stories and the Tower of Babel... Even though they're ancient stories, they still speak to us clearly. They tell you: **"Take care of yourself:** when you get carried away by ambition without limits, things end badly."

—Exactly. These stories aren't just meant to scare us, huh? They're a **warning:** if you forget your values, if everything is just about power, building, and building some more, everything will collapse. But look, after every disaster, there's always an opportunity to start over. And I'm not just talking about rebuilding things, huh? I'm talking about **restoring what's essential**, what truly improves us as individuals and as a community.

—That's true, idealism plays a huge role. **Young people** always bring that energy, don't they? The power to change the world, to question everything. It's like they're saying, **"It can be better!"** But also, poor them, when they hit those same old barriers, many lose their spark. They get disappointed...

—And that's a **tragedy**, Raúl. Because look, history tells us: the great changes come from this energy. Without it, everything stays stuck. But it's also true that someone needs to help them, right? Without guidance, that power disperses. It's like a river without a channel.

—That's where authority comes in, Pepe. Idealism is like **fire**, strong but dangerous. Without direction, it can burn everything. But authority... if used properly, it can be like a **lighthouse:** it guides that energy so it can truly change things, without destroying what's already there.

—Yeah, yeah. **Authority** shouldn't be a wall that keeps you from passing, but more like a guide that helps you not get lost. Because it's not about blind obedience, huh? It's about recognizing that there are things of value that hold us up, but that they can also be improved.

—Exactly! It all comes down to finding **balance**, doesn't it? You can't destroy everything old just because it's old. You need something better to put in its place. And this

doesn't just apply to society, Raúl, but to **life itself.** Sometimes we throw things away impulsively, without thinking about the consequences.

—Totally. And in that regard, the **Tower of Babel** is the perfect example. Those people wanted to do something huge, but they forgot to ask themselves: **"Is this helpful? Does it really benefit us as a community?"** When ambition becomes a goal in itself, it leaves us inhuman.

—The worst part, Pepe, is that this is still happening today. The race to **do more**, to have more... and no one stops to think if it's leading us anywhere. Everything is so fast, everything is so **material**, that sometimes you feel like we're on autopilot. **Technology, trends, mass movements...** And what about the goal? Where is it?

—That's the point, Raúl. That's why we need balance. Idealism is **essential**, but without a solid structure, it can become total chaos. And on the other hand, rigid authority kills any spark of innovation. We need space for fresh ideas, but also something that keeps them **grounded**.

—Exactly, because young people have the energy to change everything, but they also need to learn to see the **value** in what already exists. And authority, if it's wise, should allow that spark to **flourish** without putting it out too soon.

—In the end, Raúl, these tensions we're talking about teach us something important: **true progress** comes when we respect what holds us up without stopping the search for ways to improve it. Not pure change nor absolute stability will lead us to something on their own.

—That's how it is, Pepe. If we want to build something that will truly benefit all of us, we need **idealism** to dream and **structures** to support those dreams. And that balance... that's what's worth seeking.

21 The Journey to the Self: Reflections on Identity and Personal Growth

—Look, Raúl, the whole idea of the "journey to the self" sounds like something very philosophical, but do you know what it really is? **It's learning to truly understand yourself and stop being so dependent on what's happening around you.**
—Exactly, Pepe! And the most important thing is that there's no need to run away. **This journey turns inward, not outward.** It's an emotional and psychological journey. **Among all the voices, all the pressures... you need to ask yourself: "Who am I really?"** And especially today, when it seems like everything might distract you, this journey is more important than ever.

—And it all starts by stepping out of your comfort zone. **I'm not just talking about changing locations, but about releasing the beliefs or emotional dependencies we carry without even noticing.** Those things that hold you back, you know?

—That's true, Pepe. And it's not so much about reaching a destination, but in the very act of releasing.

Avoiding what no longer serves you, ideas that no longer make sense to you, traditions that keep you in prison. It's like walking more lightly; you begin to move toward a goal that is truly yours. And here lies the difficulty: **discovering your identity without forgetting what others want or think.** Since we were kids, they've pushed us into patterns, right? Family, culture, expectations. All of that shapes us, of course, but the problem comes when you let it be all that you are.

—There lies the challenge, Raúl. It's not that you need to stop everything, but you need to find balance. **To be present in the world without the world dictating who you are.** This emotional independence is critical. **Because when you recognize your identity, you can stay grounded both in moments of joy and in moments of difficulty.**

—But how hard it is not to depend on what others think! Sometimes it feels like our happiness depends on whether work is going well, if there's income, or if we're in a relationship. **And when things are going well, we feel invincible.** But just one thing changing is enough for the whole world to collapse.

—That's when you realize that **true personal development can't depend on external factors.** It has to come from within yourself. What's more important is appreciating the effort, the process, and not just the outcome.

When you start appreciating the journey, you discover an inner peace that's not dependent on anything else.

—But of course, on this journey, there are always three big obstacles: comparing ourselves to others, being swept away by impulsive desires, and seeking recognition from others. **These are like traps that distract you, and sometimes you don't even notice you've fallen into them.**

—Comparing yourself to others is poison. **You focus so much on what the other person is doing that you lose focus on what you need to do.** You get frustrated, disconnected from yourself. **And what really gives you peace is appreciating what you've achieved, even if it's different from what others have.**

—And let's not talk about impulsiveness. **How many times have you gotten into trouble because you decided something in the moment, without thinking about the consequences?** True freedom isn't about doing whatever you want all the time, but about having the discipline and responsibility to choose what truly benefits you.

—And the need for recognition... that's another complicated subject. **If you're always dependent on others to validate your actions, you will never be free.** Learning to value your work for what it is, without needing approval from others, gives you an irreplaceable stability.

—That's why overcoming these barriers is what helps you build something stable within yourself. **Something that doesn't get shaken by every criticism or external change.** Yes, it's a daily effort, but it's worth it. **Because when you manage to control your emotions and strengthen your identity, you find peace that doesn't depend on anything or anyone.**

—And it's not an easy journey, Pepe. It requires patience, effort, and being willing to make mistakes and try again. But the results... **in terms of peace and fulfillment, they're beyond measure.**

—Right, Raúl. **The journey to yourself isn't mystical, you know?** It's emotional, it's mental. It's about opening up to what protects you, to those things that distract you, and learning to be good with yourself. **Because in a world that's always searching, the real lesson is learning to be authentic and consistent.** That's what truly gives life

22 The Importance of Authenticity in a World Driven by Superficiality

—Hey Pepe, have you noticed how **everything today is based on appearances**? Ever since we were kids, they taught us to **"behave,"** to **make a good impression,** to **do what people expect.** But if we're honest, **there's a huge gap between what we show and who we really are, right?**

—Ugh, yeah, Raúl. **We're taught to seem nice and generous,** but so often, behind those kind faces, **there are other interests, you know?** How many times have we seen someone who **looks like a good person,** only to find out they were **just looking out for themselves?**

Nowadays, **most things are done more because of "what people will say" than because they truly come from the heart.**

—Exactly. When you do things **just to impress,** you slowly **drift away from who you really are.** You put on so many masks that, in the end, **you lose yourself.**

But **being authentic is something else entirely:** it's doing what you feel **without expecting anything in return** because it genuinely comes from your heart.

That's the difference between doing something because you **have to** and doing it because it **truly matters to you.**

—That's right. And let me tell you something: when you're **authentic,** it not only **improves how you connect with others** but also **how you feel about yourself.**

You stop **trying to impress anyone;** you do things because they **truly align with you.** In today's world, **appearances are everything,** and people forget **what really matters.**

We're taught **good manners,** to **follow all sorts of rules,** but almost never are we asked to **think about whether what we're doing aligns with who we really want to be.**

It seems like the important thing is **how things look,** not **what's behind them.**

—And the worst part is, without even realizing it, **we pass this on to our children.**

When we tell them, **"Don't do that, it looks bad,"** what we're really saying is that **what matters is what others think,** not whether what they're doing is **right or not.**

And that's how we end up creating **a culture where what's important is how we are seen, not who we really are.**

—Exactly. **Worrying so much about appearances doesn't just disconnect us from our essence—it also holds us back.**

If we **live only for approval,** we forget **who we really are.**

And that's the problem: in the end, **we settle for looking like good people** without ever asking ourselves **if we truly are.**

—Right. We get stuck in **wanting to appear kind, generous, or successful,** but **what about our true intentions?**

Being recognized feels good, sure, but in the end, **it takes us further away from what really matters: actually working on becoming better people.**

—That's where **the key is.**

Real change comes from within.

Looking good isn't enough; you have to actually be good.

But that requires **constantly examining yourself** and **understanding what truly drives you.** It **doesn't happen overnight;** it's **a daily effort.**

—Yes, and psychologists know this well: **wanting to improve isn't enough. Real change requires effort and commitment.**

And even if it's hard sometimes, **it's the only way to live in peace with yourself, without all the external pressure.**

—Look, in the end, **the real challenge** is **finding balance between what we show and who we really are, right?**

We live in a society, of course, and we'll always care **to some extent** about what others think—that's normal.

But **we can't let it define us.**

—Exactly. If we manage to **align our actions with what we truly feel and value,** that's where we'll find **a peace** that has nothing to do with **the image we present.**

It's something **much deeper.**

—Absolutely. In a world where **appearances are almost everything,** what's truly worth the effort is **building an authenticity that doesn't depend on what others think.**

Real change for the better is only possible when we understand that **being real isn't optional—it's what truly matters.**

It **benefits us and those around us.**

—That's right, Pepe. **In the end, what's important isn't how people see us but how we are with ourselves.**

If we place **authenticity above appearances,** we'll live with **greater purpose.**

That's the real change.

23 The Struggle Between Nature and Free Will: The Path to Personal Growth

—**Look, Pepe**, we've been talking about this our whole lives, right? Are we the way we are because of how we were born or because of the decisions we make? **In the end, what do you think has more influence on who we become?** What we bring from birth or what we choose along the way?

—That's really **the big question, Raúl**. Of course, we're born with certain things, tendencies here and there, but **what truly matters is what we do with them**. Some people are born with a natural inclination toward goodness, others with stronger impulses that they need to learn to control. **But what truly defines us is whether we choose to improve or stay as we are.** That's where **real freedom** lies.

—Exactly. It's not that everything we bring from home completely controls us, but **it's there, and we have to learn how to deal with it**. Freedom isn't about doing whatever we feel like in the moment; it's about **being able to decide,**

especially when things get tough. That **inner struggle** is what gives us meaning.

—That's absolutely right. **True personal growth doesn't come from taking the easy path**. To really improve, you have to believe in it, and that effort comes from **fighting with yourself—especially when things go wrong or when you become your own biggest obstacle**. It's not the same to do the right thing when it's easy as it is to do it when it's hard. **That's where the real achievement is, isn't it?**

—**Completely**. Those who face the **greatest inner challenges** or more obstacles than others have a **unique opportunity to grow**. It's like **battling something inside yourself and coming out victorious**. It doesn't just make you a better person—it gives you a **strength you won't find in any other way**.

And there you have it: even though **environment and upbringing are important, in the end, growth is a personal choice**. Some people grow up in great circumstances and think they don't have to put in much effort, but sometimes those who have been through the hardest things develop a **resilience that is priceless**.

—Exactly. **True growth doesn't depend on where you start but on how much effort you put into overcoming what surrounds you**. Those who come from **more difficult**

circumstances face a different kind of battle, and **the effort they put in is worth gold**.

And **pay attention—because complacency is a silent enemy** for those who have things easy. Sometimes, when doing the right thing comes naturally, you think you don't have to try hard. But **if you don't challenge yourself, if you settle for the bare minimum, you'll never reach your fullest potential**.

—Right. **We can't stay in our comfort zone**. If we don't push ourselves to ask questions and take the next step, we'll stay on the surface. **Real growth demands constant effort**—to step beyond what's easy and seek a **more authentic version of ourselves**.

And for those with more complicated tendencies, **their path is even more interesting**. **Fighting against yourself, against those impulses that sometimes try to lead you astray, is one of the hardest battles—but also one of the most worthwhile**.

—Yes. **Every step toward what's right, especially when it goes against what feels "natural," has enormous value**. It's not about succeeding on the first try but about **continuing to fight, never giving up—even when the whole world is against you**.

That effort is where **the real meaning of growth lies.**

—In the end, our lives aren't defined just by how we were born or what we've been through. What matters is how we use our ability to decide, how we fight to improve, and how we overcome our limitations.

24 The Path to a Fulfilling Home: Turning the Everyday Into Spiritual Growth

— I'll tell you something, Pepe. **Have you ever thought about what a home truly means?** It's much more than money and four walls, a place where we sit and that's it. **It's the place where real life calls, where we build our connections, where we share our routines… the place where all those feelings mix and create something new.**

— Yes, totally. **A home has immense weight.** It's the place where we can grow and give meaning to what we do every day. It's not just about maintaining the foundation; **everything we do there, every gesture, every conversation, adds to the well-being of everyone living there.**

— Absolutely. **Creating a home isn't just about having a family or doing nice things.** It's the process of recognizing yourself, learning to be independent, and finding something meaningful in life. **It's not the material things that give it value, but the principles and values we share.** That's what makes the place soulful. **It's where we can all**

grow so that each one of us becomes a little better every day.

— Right. **Creating a home is so much more than what you have.** It's about dedicating yourself to building an environment where everyone can truly develop. **It's an ongoing process, and it's much deeper than it appears.**

— For me, a home is like a bridge, something that connects our daily routine to something much greater, something purposeful. **Today, we're always searching for meaning in work, in relationships... But what about the home?** In daily life, we truly find the real meaning, don't we?

— Yes, a home can be much more than a place to rest. A space to share a meal, to relax after a tough day, to enjoy family... **When done with intention, it connects you to something much greater.**

— Right, it's like a reminder that **you don't have to do extraordinary things to feel at peace.** Simply being there, in the simple things of everyday life, is enough to feel good.

— Right. Sometimes we get so focused on external achievements, on what's visible, that we forget that personal growth **starts at home, in the details.** Cooking, talking, resting... those simple everyday things where we can truly be ourselves.

— Yes, Pepe. **At home, we're most authentic.** There are no masks, no pretenses. **Daily life becomes special because that's where we deal with our emotions, where we work on our most important connections.**

— Yes, I like to think of the home as a bridge between daily routine and what truly matters in life. Eating, resting, being with family... simple things, but when done with intention, they become something much deeper.—

Right, it's not about stopping enjoying the everyday, but about **giving it much greater meaning.**

— Yes. The greatest inner struggle happens at home. **That's where we truly challenge ourselves, where we deal with what we're feeling, and where we can truly grow.** It's not just about doing daily tasks; it's an opportunity to turn the ordinary into something that helps you become better. Even resting, when done with purpose, becomes a chance to recharge and reflect. **Those small details matter too and help you move forward.**

— It's easier to project an image at work or with friends, but at home, that's where we truly show who we are, in those daily interactions with those closest to us.

— That's the real challenge: to have what we say we are reflected in what we do at home, in how we treat others, and in how we live our values.

— And look, someone's true character isn't measured only by their public achievements, but by how they behave in their personal life, at home. **Building a home with integrity and consistency takes effort, but it's there that we truly learn who we are.**

— Right, Raúl. **It's like the image of a ladder we climb every day.** The home is the place where we can give everything we do a deeper purpose. From small gestures to big decisions, everything matters.

— In the end, the home isn't just a shelter; it's the place where our greatest aspirations merge with reality. **Through what we do every day, we have the chance to connect the ordinary with something deeper.** That's how we live full lives, where everything we do, no matter how small, has a purpose.

25 The Power of Inner Change: How Transforming Ourselves Impacts Our Relationships

— Look, Pepe, have you noticed how the relationship with someone changes when you make an inner change? **It's something that happens all the time.** You might be in a conflict, with misunderstandings and grudges, but just changing the way you see things, and suddenly everything starts to improve.

— **That's true, Raúl.** And what's most interesting is that sometimes there's no need to say anything. **It's as if just by changing your approach, everything takes a different direction.** That's the thing: you decide whether to stay stuck in resentment or take one step to see things with different eyes. **This change starts from the inside out, and suddenly everything is reflected in what happens around you.**

— Think about it, imagine meeting someone you've had friction with for years. **You could approach them with fear, expecting everything to end in conflict, but if you**

come calmly, even with a bit of empathy, it seems like the tension disappears. It's almost like defusing a bomb before it explodes.

— Exactly. And think about this: in the end, our attitudes affect us much more than what we say. **When you decide to act out of empathy instead of being dragged into resentment, it's like taking a heavy weight off your shoulders.** Even the atmosphere changes, you feel it, and they feel it too.

— **Of course, because this change begins when you stop thinking only about what you feel and open yourself up to seeing beyond that.** And listen, this doesn't mean justifying what was done to you, but trying to understand what might be behind that behavior. **It's like a little empathy exercise, trying to see the other person with a bit more compassion.**

— Exactly. **Because it's not the details or the superficial gestures that really change relationships.** It's when you truly change how you feel about the other person that everything becomes more real. **That's where the true improvement begins.**

— Totally. And listen to this: **emotions are like a mirror.** If you come with anger or rage, almost always they will react to you in the same way. But if you approach with respect,

with calm, **it's as if the other person feels it right away.** Their response changes, sometimes in surprising ways.

— **That's right.** You see it everywhere, but especially in the family. When a father sees the best in his children, it's reflected in how they respond. **But if he focuses only on the negative or lets frustration control him, a negative cycle is created.** And getting out of that can be very difficult.

— It's true in relationships too. If you let resentment accumulate, even if you try to hide it, it's felt. **And little by little, it wears everything down.** Sometimes, all it takes is stepping back, remembering what connected you to that person, and focusing on the good. **It's not easy, but I'm telling you, it's worth the effort.**

— And you know what's most interesting? **Such a change doesn't even require words.** People pick up on it, even if you say nothing. **When you truly change how you feel about someone, it's felt.** It's as if intention has real power, not just a nice idea.

— Exactly, it's almost magical. **When there's true understanding and respect, it transcends every word.** You can say a thousand beautiful words, but if you don't truly feel it, the impact won't be the same. **Authentic emotions have the power to change much more than any speech.** And that's where the secret lies. **We can't always change how others**

behave, but we can always choose how to feel about them. That's a power we always have, even when it doesn't seem like it.

— **Exactly, Raúl.** If we start with an attitude of empathy and understanding, the people around us feel it. **In many cases, they will respond the same way.** In the end, every change in a relationship starts from within. And it not only improves our connections... **it improves us.**

26 The Complex Nature of Envy: A Guide to Personal Growth

— Tell me, Pepe, have you ever thought about **envy**? This feeling that we all criticize, but honestly, we all feel it at some point. Since the days of Adam and Eve, it's been with us. It's **strange**, right? Not pretty, sure, but if you know how to manage it, it can even have some **positive sides**.

— Of course, Raúl. Envy is like a **knife**: it has the ability to either wound you or help you **cut** what you need. Look, in the family, it happens when you feel there are "**favorites**." The feeling that someone else is getting what you think you **deserve**. And from there comes the **frustration**, because it's not that you hate the other person, but you feel **excluded**.

— Right, and the biggest problem is that you don't express it **directly**, but you experience it. It's like a **silent competition** for love or recognition. And what's worst is that it feels so **justified**... because what you want isn't a bad thing, it's something you believe you **deserve**.

— Exactly. But notice this: envy doesn't arise from **hatred**, but from a deep desire for **justice**, for **balance**. It's like an internal alarm saying, "This isn't fair." And if you don't know how to manage it, it starts to grow like a **snowball**.

— Right. And what's worst is that this doesn't only happen in the **family**. At work, anywhere there's **competition**, envy flares up quickly. If a person feels someone else is getting more **opportunities** or **advantages**, boom, it lights up. It's like there's a fear of **fading away**, of losing **relevance**.

— Definitely. That feeling of being **overlooked**, or someone else holding what you **yearn for**... ugh, it can lead to a lot of misunderstandings. But you know what? Not all envy is **harmful**. Sometimes, when you see someone achieving what you want, it can **motivate** you to move forward. Your **intention** isn't to take from them what they have, but to affirm that you can also reach that point.

— That's the key, Raúl. There is such a thing as **healthy envy**, if you know how to manage it. It's envy that comes from **admiration** or the desire to **grow**. However, if you focus only on the qualities of the other person and don't invest in yourself, it turns into **frustration**. And that doesn't lead to anything **positive**.

— And that's a very fine line, don't you think? When managed properly, envy can become an **incentive** that pushes

you to **progress**. If you see someone achieving what you also want, it can **inspire** you. On the other hand, if you let that **spark** turn into an uncontrollable **fire**, you might find yourself acting **unfairly** or experiencing frustration that won't give you peace.

— Exactly, Pepe. Envy, essentially, is a **sign** telling you, "This is something I want." And if you use it correctly, it can help you **focus** on your own growth. However, if you don't manage it, it becomes a **weight** that burdens you and holds you back.

— Right, and an important thing to understand is that envy arises when we feel an **imbalance**, when we believe something is **missing**. But, instead of staying stuck there, we need to look inside and ask ourselves, "What do I really want?" That's what makes the difference.

— Exactly. In the end, it's all about focusing on what's **yours**, growing without measuring yourself against others. Using envy as a **reminder** of your desires, but not letting it consume you. That's the essence.

27 Change as the Key to Human Development

— **Hello, Pepe**, have you noticed that life never stops putting us in situations that require us to change? Sometimes we see it coming, but sometimes it catches us by surprise. And despite the fear, it's these moments through which we begin to get to know ourselves.

— **Of course, Raúl**. But you know what? **Real change** doesn't come from what happens around you, but from what you choose to do with it. You can wait for things to improve on their own, but nothing truly develops until you take control. It's like if the engine were inside you.

— **Right**. It's like being in a dark room: just lighting a candle makes everything look different. You don't have to light up the entire room at once; just take the first step, light that light. And what's interesting is that spark always comes from an **inner decision**.

— We are capable of resisting what seems inevitable. **Unlike everything that's tied to nature**, we can choose, and that's what makes us unique. To say, "Today I will act differently, even if it's hard," is already a step toward **freedom**.

— And that's where the magic lies, Pepe. Every time you decide not to give in to your impulses or what seems easiest, you break what seems like a written fate. It's like saying, "I'm not just what happens to me; I'm what I do with it." It's one of the **most human** things there is.

— But, Raúl, it's not easy. In front of yourself, in front of fears, comfort, or uncertainty, it requires **tremendous willpower**. It's like lighting a candle in the **darkest night**: it may seem small, but it changes the entire picture.

— Exactly. And it's not about wanting to change the entire world at once. It's **step by step**, without rushing, but also without stopping. One foot after the other, and suddenly you realize the path isn't so dark anymore. This ability to take steps, to make decisions, is something **unique**. We're not stones that move only if someone pushes us. We can choose where to go and how to respond to what happens to us. That **freedom** isn't just a gift; it's also a responsibility.

— Right, because when you choose, you're also deciding the **impact** of those decisions. It doesn't just affect you; it always has a ripple effect on those around you. That's why **change** isn't something that happens once and ends. It's an **ongoing journey**.

— And sometimes, the most stubborn aspect of change is internal. It's about dealing with what limits you:

fears, insecurities, old beliefs. It's non-stop work, but it's also the work that brings the **greatest satisfaction**.

— Of course. In this **inner battle**, you solidify. Every challenge forces you to reflect and ask yourself, "What do I really want? What's worth it?" And those questions, even if they're uncomfortable, are what drive you to **grow**.

— The process of change starts there, inside. Every choice we make is an opportunity to prove that we are **stronger** than we believe. It's like the **afternoon light**: it doesn't just illuminate your path, but it can also guide others.

— Right, Raúl. **Change** is not a matter for the few. It's something we can all do every day. All it takes is believing in our ability to start, even if it's with something small, and doing it with **intention**.

28 The Daily Struggle: Overcoming Life's Constant Challenges

— **Look**, you know? The challenges in life aren't like things that happen sometimes. They're like **layers** that come and go, and in the end, they **shape** us, as if they were a **law** that shapes our character. Don't you think so?

— **Totally**. It reminds me of the story of Joseph and his brothers. This story has everything: **betrayal**, **forgiveness**, and so many moments that, even though hundreds of years have passed, fit perfectly with today's life. It's like a **reminder** of what **forgiveness** truly means and how to deal with the **temptations** and **inner struggles** of every day.

— Right, because listen, when Joseph meets his brothers after everything they did to him, instead of seeking **revenge**, he **forgives** them. That moment isn't just an act of **kindness**; it's also a way to **free** himself. **Forgiveness** is like cutting a **chain** that keeps us tied to the past, right?

— Very true. **Forgiveness** is that moment that **frees** you, that allows you to move forward without being dragged by **hate**. But **forgiveness** is a **one-time act**, a decision we make

and carry out. Very different from the **temptations** of every day; they will always return, and we must **endure** them.

— Very true. Standing against **temptation** is a **battle** that doesn't end with just one decision. Like in the story of Joseph and Potiphar's wife: it's not just a "no" and that's it, it's a **daily**, recurring "no," because **temptation** always remains. This **daily battle** is what helps us **stand** in its light.

— Exactly. There, just **willpower** once isn't enough. You need to work to maintain **discipline** and **self-control**. The key is to be **consistent**, not to give up, and to develop good **habits** to **neutralize** the impulses that disturb us.

— And standing against the same thing every day isn't easy, but there are ways to make the journey **less burdensome**. One strategy is to **recognize** our **weaknesses** without punishing ourselves for them. We can't always get rid of what **scares** us, but we can learn not to let it **affect** us too much.

— Absolutely. It also helps a lot to **change** the **environment**. If you know there's something that always harms you, sometimes it's enough to **change** the environment to reduce that situation. Sometimes, by making a small **change** in your **routine** or where you are, you can **improve** how you react.

— Sure, and if you can't change the environment, there's always **creativity** in finding creative solutions. Sometimes, by making a small change in how you do things, you can **handle** temptations better. It's not always a radical change; sometimes, small changes **make the difference**.

— Listen, many times the best thing is to combine the **inner** with the **outer**. Neuroscientific research says that when we repeat behaviors, the brain adjusts and forms new connections. That means the more we work on ourselves and our **habits**, the **easier** it will be to deal with **daily challenges**.

— But there are times when you don't have the option to change the environment, not even a little. Think about work or a difficult family situation. Here, all that's left is to focus on **inner change**, learning to balance your **reactions**. **Emotional resilience** is the key to not being affected by **stress** or **fatigue**.

— True **strength** isn't measured by succeeding once, but by the ability to handle the same thing over and over. It's **consistency**, those daily actions of **resilience** and **self-control**, that truly define us as people.

— Right. In the end, it's not one **victory** that impacts us, but the ability to keep going, to **stay** there, to face the same challenges, and to **work** on ourselves every day.

29 The Value of Discomfort: On Comfort, Resilience, and True WellBeing

— **Have you heard** that every time an important phase in life ends, we stop to think about everything? **It's like the end gives us a moment to take stock**, to see what we've learned and what we've experienced.

— That's right. And in those moments, a person asks themselves, **"Did I really learn to handle things as they are?"** We've been taught for so long that peace is like the absence of problems, and we've forgotten that **true peace is learning how to deal with problems, not avoid them.**

— Yes, and it seems that today, **convenience is the answer to everything.** We're told, **"You'll have a perfect job, an ideal home, the best services, and you'll be happy."** But you know what? **It doesn't work that way.** True peace doesn't come from everything being okay around us, but from the **inner strength** that allows us to not be too affected by the outside world.

— Here's the thing. **The more we rely on everything being comfortable and problem-free, the more vulnerable we become.** In the end, it's not the size of the problem that affects us, but our **impatience with discomfort.**

— Exactly. And look, in psychology they talk about **resilience**: the ability to adapt to whatever comes without losing our peace. It's not that you're dismissing challenges, but you're learning to **manage them without letting them disturb you.** That's what makes you **less sensitive** and more stable in the face of life's influences.

— Definitely. But think about how we're so immersed in comfort that every obstacle bothers us. Everything is so accessible, so simple, so quick; it seems we've **lost the ability to deal** with the little challenges that always pop up.

— I agree. **Comfort is great**, but if it makes us overly dependent on it, we lose our ability to handle the ups and downs of everyday life. Over time, **it doesn't serve us; it exhausts us.**

— So what do we do? **Give up all comfort?** That doesn't make sense. The secret is to **find balance**: enjoy what we have without becoming slaves to it. Ask simple questions like, **"Does this really give me peace, or am I just chasing after an idea that doesn't fulfill me?"**

— Exactly. Sometimes, **social pressure** pushes us to want more and more, as if that's the equation for happiness. But when you check what you truly need, you discover that most of your efforts are focused on fulfilling **other people's expectations**, not on meeting your own personal needs. In the end, **true power** lies in learning how to deal with obstacles, like muscles in a process of growth. Even though we don't seek it, discomfort is an opportunity for growth. **It's not about running away from it**, but about embracing it and finding the best within it.

— Very true. If we give up everything that's uncomfortable, we become vulnerable. **Recognizing that discomfort is an essential part of life strengthens us.** It's not about seeking difficulties, but **not running away when they happen either.**

— Right. **True happiness doesn't come from solving problems**, but from the ability to nurture a **heart and mind** that can handle difficulties. **Peace isn't created in an ideal world**, but from the ability to accept life as it is, with all its changes and contradictions, and learn from them.

— **Amen to that, Raúl.** True peace lies in the **inner strength** we've built to face what's ahead, without deviating from the path.

30 The Power of Tolerance: A Key to Overcoming Adversity

— **Look, Raúl, throughout life we've all gone through moments when things get tough**, right? Those days when it seems like there's no way out, even though it's right in front of us. **Our emotions sometimes act so strongly against us, they blind us**, and between despair and fatigue, we forget to look for real solutions.

— I completely agree. And it's interesting because **the more we need an escape, the more emotionally blocked we become.** The mind stays in a loop, like being trapped in a cell, even though the door is open. This happens to us often: in relationships, at work, in any situation that puts us to the test. **We focus so much on the problem that we lose the chance to look beyond it.**

— Right. **The secret to breaking free from this block is not to give up or get discouraged**, but to cultivate tolerance, that calm patience that lets you observe situations with peace. Sometimes we think the way out is to fight or resist, but **what's needed is to hold on with a calm awareness so we can see things clearly.**

— The thing is, **tolerance allows you to take a breath; it**

helps you see possibilities. If you focus too much on the problem, you lose perspective and drown in a glass of water. **And look, how many times have we talked about this:** it's not about ignoring the problems, but learning to live with them without letting them steal our peace. **When you understand this, you become less reactive and much more stable.**

— Yes, and **comfort can also be a danger.** Today, we live in an era where everything is accessible, and everything seems like it should be simple. **So, when something bothers us, we lose our stability.** Comfort is good, but relying on it makes us weak. **We become less able to handle distress, right?**

— You've hit the nail on the head. **And look, finding the balance between despair and surrender is one of the hardest challenges.** You can't give up, but you also can't wear yourself out fighting against the current all the time. **The key is to accept the situation as it is, but without losing hope that it will improve.**

— Exactly. But look, this **emotional balance doesn't just appear on its own.** It needs to be worked on every day, starting with the small challenges of daily life. **We practice tolerance with simpler things:** an argument at work, a misunderstanding at home, those small daily frustrations. **That's where you strengthen your patience and prepare for bigger things.**

— Very true. And **changing your inner dialogue is crucial.**

Instead of saying to yourself, **"This is impossible,"** you can say, **"This is hard, but I can handle it."** Sometimes, just softening the tone a little helps reduce anxiety. **Over time, it helps you deal with bigger challenges without losing your calm.**

— And I'll tell you something, **excessive busyness is also a big enemy.** We move from one activity to another, distracted, busy to the limit, and never give ourselves a chance to stop, reflect, or see things calmly. **We get swept away by the noise and lose sight of what really deserves our attention.**

— Definitely. **Sometimes, the biggest obstacle is our inability to take a break and accept that not everything is under our control.** This is where humility comes in, the ability to recognize our limitations. Sometimes, we think we can control everything, and when it doesn't work, we get frustrated. **Humility helps us accept that some things take time and patience. Humility, Pepe, is admitting that we can't always fix everything right away and that not everything is in our hands. Humility and perseverance are the key to overcoming difficulties. In the end, peace and calm don't come from a world without difficulties, but from learning how to deal with what life offers us, with calmness and optimism.**

31 Education as a Legacy: The Responsibility to Pass on Knowledge

— **Look, Raúl, education has always gone beyond teaching basic skills like reading or writing.** It's the same closeness that connects one generation to the next. It's like an inheritance you can't keep just for yourself. Every generation must pass something valuable to the next, far beyond numbers or historical dates.

— **Yes, exactly.** After all, education shouldn't just be about accumulating knowledge for the sake of accumulation. It should prepare young people so that one day, they too can teach. Because if we don't do this, if we don't create people who want to share what they know, in the end, everything breaks. Without this chain, we cannot continue to progress as a community.

— **It's like a river that flows, right?** From parents to children, from teachers to students. Sure, there are things you can only learn from experience, but there are also values and principles that require someone to guide you. Because what happens if every generation has to start from scratch? We lose

everything: our history, our identity, everything that unites us as a community.

— **Right.** That's why it's so important to appreciate and respect those who teach us. It's not just a matter of gratitude. It's understanding that they represent the link between what was and what is yet to come. And understand, this respect is not only directed to the people themselves, but also to what they symbolize. This connection is what keeps us in continuous development as a society.

— **Yes.** And one more thing that's sometimes overlooked is that education isn't just for the benefit of the person learning. It's also the preparation of someone so that in the future, they can guide others. If we only focus on creating people who will be 'happy,' we're thinking too much about the individual. What really matters is creating people who will use their knowledge to be agents of change.

— **Of course.** And the best part is that you don't need to be a teacher to teach. We all have the opportunity to teach something. As a parent, as a friend, as a colleague... there's always a moment when you can positively influence someone. And in this day and age, more than ever, with so many distractions and so much noise, this is the time when we most need the essential values to remain in effect.

— **That's true.** Also, teaching changes you. The more you share your knowledge, the more you understand it and connect with it. It's amazing how, when you pass on knowledge, you're not just helping others, you're also strengthening your own principles. It seems that you grow the more you give.

— **Yes, and the beauty is that you don't have to be perfect to teach.** No one is perfect. Sometimes, the desire to contribute is enough. Even though you have your challenges, you can use your experiences so that others can gain knowledge. Think of a father struggling with his difficulties. Despite everything, he can teach his son what's right, what really matters.

— **Right.** It's not about being perfect, but being honest. When you share knowledge from that honesty, you're not just helping others, you're also helping yourself grow. It's a way in which we're all connected.

— **In this world, which is so fast and full of distractions, what we really need is not just to teach how to behave correctly or to be 'right.'** What we need are people with great ideals, who can see beyond themselves. Because when you have a higher purpose than yourself, it's much easier to resist temptations and not let yourself get caught up in what has no value.

— **That's exactly the point.** We need more people who understand they are part of something bigger, of a legacy. Education is not just for self-improvement. It's to help others improve as well. Because when you share what you know, you're not just helping others grow, you're also strengthening yourself.

— **Right.** In the end, education is this: to grow through giving, to influence while learning, and to ensure that important things continue to be passed from generation to generation. There's no doubt, this is the best legacy we can leave.

32 The Inner Journey: Reflections on Self and the Process of Personal Change

— **To know yourself** is not just about looking in the mirror and saying, "I understand myself." It's a much deeper process, almost like peeling off the layers of what we think we are, until we reach the depth of what truly matters: those values that sometimes we don't even know we have.

— **Exactly, Pepe!** It's not a matter of "I'm going to behave properly" from the start. It's more about asking yourself, from the heart and the mind, to see what's behind our actions and what we really want... because that's where the **heart** of everything lies: **true change begins within us**, in what we feel and think, and it's reflected in how we treat others and what we leave behind.

— And that, **Raúl**, is also deeply connected to leadership, right? **Leading** is not just about telling others what to do or how to change. It's something deeper: knowing when to delegate, when to trust, and understanding that not everything can fall on you alone. **True change** in a group or

family happens when you trust others to grow together. **Leading** is not about imposing a certain way. It's about providing clarity so that everyone can find value in what they do.

— **Exactly, Pepe.** It's like teaching, but in a way that others feel that the **path** is theirs, not forced. And the word **"path"** is perfect for this, because it's not a list of steps or a manual. It's a **way of life** and a lifestyle that aligns with what truly matters to each person. The idea of **"path"** is actually an invitation to live **authentically**, to act from our essence.

— And part of that path, **Raúl**, as you mentioned, is learning to tame the desires and aspirations we have to be or achieve what we see in others. Because, look, **society** can tell us what's right or wrong, but only we know what's inside of us: those desires, that jealousy that sometimes holds us back. Letting go of that, learning not to live with the desire to achieve what others have, that's a huge release...

— **Definitely, Pepe.** But it's **everyday, constant work.** It's not just about following the rules they taught us. Because we already know that following rules without **inner change** leads nowhere. You disconnect, you act out of inertia. And it shows, both in our relationships and in our **inner peace. True change** happens when everything we think, feel, and do is in balance.

— That's exactly what **education** should reflect, right? Helping each person discover their own **path**, instead of assigning them the same route as everyone else. Everyone has their own style, their own unique potential. Forcing someone to go down a path that doesn't fit them is like asking a fish to climb a tree. It's better to let them be who they are, and guide them to find what truly drives them.

— Yes, Pepe, and that's also true for how we handle our **inner challenges** and difficulties. Turning something that initially bothers us or seems complicated into something we can appreciate and change. It's like learning to appreciate something that at first doesn't seem so pleasant. In complex things, there's much to discover. When you manage to align what you truly need to do with what truly drives you, the process becomes much simpler, even **enjoyable.**

— The **goal of change**, Raúl, is not just "to do things right." You have to reach a state where our actions reflect what we have inside. That our goals and actions are in **harmony.** That's true development. Of course, it's not easy, but when it happens, actions stop being a duty and become a **natural expression** of who you are.

— Yes, Pepe, because deep down, what we're looking for is to live in **fullness** and **inner peace.** It's not just "meeting the expectations" of others from us, but feeling that everything

we do is in harmony with who we truly are. And there, in that connection, we find **true freedom.**

33 Personal Growth in Everyday Life: The Power of Small Steps

—Look, Raul, when we talk about personal growth, we're not talking about something difficult or **farfetched**, like changing the world overnight. **True growth** is found in the little things we do every day: how we treat people, how we manage our emotions, and the constant push to be better, even if it's not always perfect.

—Right, Pepe. This isn't about **big dreams** that sound straight out of a movie. These are everyday things, seemingly small things. They're small, but they **add up** to a lot. Even doing your responsibilities and respecting others is a way to improve. And not because we have to, but because these small actions **shape us from the inside out**. Sometimes we think that goodness is something we can rationalize, but the truth is that we need principles, and external rules to guide us, because emotions are sometimes overwhelming. We can feel **lost in sadness**, can't we?

—Totally, Raul. You know it's wrong, but **anger** and **jealousy** arise! And everything becomes difficult. That's when principles, those external rules, act as a constant reminder.

They're not just there for no reason; they help us see things more clearly and go beyond what comes naturally. Because, yeah, we know **anger doesn't really help much**, but let's be honest—**doesn't it sometimes just slip out**?

—Yes, Pepe. And this happens because we have our habits and our routines. We are on autopilot, and sometimes we don't even realize we are operating on **cruise control**. It's like a judge making a mental note when you admit you're right because it's convenient. This is a delusion that we're all headed in one direction or another. It is so easy to fool ourselves into thinking we are right when we are feeling really good about ourselves.

—The mind can still feel dark, Raul. That's why it's important to have a light, a **framework** that will be like a beacon in the midst of that darkness. It's not about having a positive mindset; we need a framework that reminds us that we can go beyond our limits.

—Yes, Pepe, because **real change** doesn't come from comfort. It's like everything in life: the greatest achievements come from **pressure**, from the moment you think you need to change. And that's what personal growth is all about: we don't do it because it feels good. We do it because we think we need to improve. And sometimes the results don't come, Raul, but that doesn't mean that effort isn't effective. We can't just focus

on the visible, on the positive. What's important is the **process**, the effort itself. This is the goal, and if we get on the path, we will grow.

—Keep going, Pepe. Sometimes we don't see the results, but the fact is that we try, challenge ourselves, and work with our emotions. We are getting better every day that we make progress. The effort we put in every day has its own benefits.

—It's like being tied to ourselves, Raul. **Improving is not an option**; it is about doing our part, not only for ourselves but for the people around us. Even if culture and practice try to pull us in a different direction, if we have a clear goal and know that it is worth the effort, the way is now clear.

—Finally, Pepe, this energy and desire to improve is not just a personal goal. They are one of the reasons we are here. **Improving ourselves is a real mission**.

34 Human Nature in the Face of Uncertainty

— Look, every time the world shifts a little, you can clearly see our reaction. **Crises bring out the best as well as the worst in us.** Just remember the beginning of the pandemic; we all went crazy over toilet paper! **Remember?** It was as if that was the only thing that could save us.

— How could I forget! **It seemed like complete madness.** And it's not just about being "careful" or "reckless." When we're scared or confused, we seek out any immediate reassurance, even if it doesn't make much sense. Sometimes, fear drives us to take actions we wouldn't take under other circumstances. **But, who hasn't been through that?** We are human, and our survival instincts burst out uncontrollably.

— Exactly. And at that point, we need to learn how to manage those emotions, because if we let panic control us, we will make decisions that lead to nothing good. The difficulty is that in high-pressure situations, it's not so simple to stop, breathe, and respond clearly. In that moment, the reptilian brain kicks in, and, **oh!**, we find ourselves in full survival mode, ready to flee or fight.

— True, but the key is to learn to quiet the **"initial impulse,"** as it's called. It's not about suppressing emotions, but about learning not to be completely controlled by them. It's like training the mind to take a pause before reacting, to give a break and make a calm decision. **It's not easy, but those pauses make all the difference.** And within all the chaos, **how much we need them!**

— Exactly. And although it might sound strange, these moments of chaos can help us get to know ourselves better. **They test us, but also give us the chance to see how much we've worked on our inner balance.** Sometimes, chaos acts as training: it adds weight to amplify the energy we have inside us. So, every time we manage to stay calm at the last moment, it's like strengthening our emotional muscle, right?

— Definitely, and at this point, **mindfulness plays an important role,** right? It involves learning to recognize our reactions without giving in to the first emotion that arises. It's like witnessing a tornado, and instead of being swept away by panic, we realize we can choose how to respond. **Telling ourselves:** "Okay, I feel fear, but I won't act just because of fear." It's a minimal adjustment, but it changes everything.

— Right. Because the real test is not staying calm when everything is calm, but when it seems like everything is falling apart. **That's where true character is measured.** In

emergencies, it's not necessarily important to understand every detail, but to decide how we want to react, even if we have no idea how it will end.

— Exactly. **Self-control is like a muscle.** We don't train it only when life is good, but because we know we have the responsibility to be better, even when it's hard and even when it's easy. It's not about "if it serves me" or "if I feel like it," it's a commitment to who we want to be, no matter what happens.

— Totally. Because in those moments, **who we really are is revealed.** Not just logic or what we've learned, but that self-control we've worked on. In chaos, what we truly have inside rises to the surface. And if we've managed to stay calm, even for a moment, it's because we did the inner work. **Crises act like a mirror, revealing what we have inside us.**

35 Crisis as an Opportunity for Personal Growth

— Before everything, after everything that's been happening, I've come to a certain conclusion: **Crises, although they hit us hard, also offer us an opportunity.** They force us to slow down and appreciate what we have here, at home. **Don't you see it that way?**

— Right, it's almost as if life is telling us: "Go back to what truly matters." **In the end, home is not limited to four walls; it's the place where you can renew yourself and rediscover what's important.** It's the place where, instead of seeking distractions out there, you find peace and are able to focus on what really matters. **This pause reminds us of what really matters, doesn't it?**

— Of course. When was the last time we really appreciated being home? **We're always rushing, with a thousand things to do, and the real refuge has always been here, in the simple things.** This pause reminded us of

something we forgot: **the value of being present with our people.**

— Exactly. Now, home is not just where we sleep or quickly eat between one thing and another, but the stage where we can truly be ourselves. **Here, there are no applause, no "likes"; we're just ourselves with the people we truly want to be with.** At home, we foster patience, affection, and we also deal with our tactics. **Here, we truly grow.**

— And you know what? **This period shows us that we don't need big events or celebrations to feel our existence.** Look: sometimes it's the simple moments that reveal to us what really matters. **That's why I think this is the perfect time to turn our homes into temples of peace, where every day is an opportunity to connect and grow.**

— Exactly, because true peace doesn't depend on the outside world being perfect, but on how we choose to respond to what's happening. **We can let worry control us, or we can seek peace that allows us to think clearly and improve with those we have next to us.** Peace gives us the energy to care for others without getting worn out along the way.

— Right, because worry only wears us down. **On the other hand, if we look for peace here, in our home, it's like recharging our batteries.** We become stronger, more focused, and it prepares us for whatever comes. **That peace**

starts with the simplest things: stopping worrying so much about what others think and focusing on what really matters.

— It's about letting go of the "what will they say," the pretending, the competition. **This time at home makes us aware that happiness is not found in what we achieve out there, but in how we find ourselves here, with ourselves and with others.** When we stop looking for comparisons and external validations, we find peace. **And this peace is what gives us great power.**

— Exactly. **It's a freedom that has nothing to do with what's happening in the outer environment.** It's peace that's within us, something that cannot be gained or lost based on circumstances. **History is full of people who, even under the harshest conditions, managed to maintain their peace and happiness.** They teach us that we don't need to wait for everything to be in order to find peace.

— That's what's beautiful about this time at home. **It allows us to remember that, although we can't control everything, we can strive for peace and inner strength.** And when everything outside calms down, we'll be able to rise with even greater strength, with a home that will not only be a sanctuary but also a place of growth and true connection.

— Of course, Raúl. **These crises teach us an important lesson:** the value of the simple things, what we

have beside us, and the joy that's born right here, in our home, in the peace we build in our hearts and share with those we love most.

36 The Inner Journey: Awakening the Consciousness

— **Reality... what is it really, Raúl?** I've been thinking about how we confuse what we believe with what it is. The mind seems to need certainties.

— Yes, but that's not by accident. What we call **"reality"** has been shaped over centuries of history, culture, and beliefs we question about. Since we were children, we were taught to accept, but not to doubt or ask. It's much easier to accept what's given to us than to stop and think about it.

— And the worst part is that we don't even ask ourselves. We drown in the mental comfort that prevents us from seeing beyond.

— Exactly. That security is an illusion. **Beliefs** act as filters that prevent us from seeing reality in its entirety.

— Interesting, because reality is not fixed; it's a continuous flow. Yet, we try to trap it in definitions and laws.

— And when someone dares to challenge those laws, they're attacked as a dreamer or a radical. But maybe that

person is closer to the truth than those who repeat what's been established.

— **Certainties** make us feel comfortable, and those who question them stabilize that peace. But isn't that the real courage? To step out of our comfort zone and face the unknown.

— Of course, the courage is to question what's given to us as truth. Society shapes us within a collective story that often prevents us from writing our own.

— So how do we find true truth within all these illusions?

— Don't accept it without questioning. **Truth** is built with awakened awareness, a gaze that doesn't settle for what's given.

— But, Raúl, isn't doubt what gives us the freedom to explore without fear?

— Right. **Freedom** is in the ability to doubt and explore. Only when we allow ourselves to live in constant doubt do we find the meaning of our existence.

— If something has occupied us for years, it's the struggle to find meaning in life or to surrender to the idea that nothing matters.

— Yes, people move between seeking a purpose and the thought that everything is relative. But living with **meaning** makes our choices truly worthwhile.

— Exactly. When we're connected to something greater, our actions gain **meaning**.

— Sometimes I feel like life is a ship in the middle of the sea, Pepe. There's no map, just currents pulling us into the unknown.

— Right, Raúl, and even though we think we're holding the helm, there are moments when we simply let the current take us, seeking **meaning** in every tide.

— In this search, we move away from the known, not always by choice, but because the journey requires it from us. This is where the **real journey** begins.

— Flying is not just moving; it's also an inner process. Every decision opens a path, sometimes clear, sometimes unknown.

— The beautiful thing is that we're never traveling alone. There are always **guides** showing us unexpected horizons.

— Life is an exchange of stories. What we've learned becomes part of us, the spirit that carries us forward.

— But tell me, Pepe, do you think that allowing the blending of destiny doesn't affect how we feel?

— Every action has its own echo, Raúl. Looking beyond what's defined changes something in us. Sometimes it hurts, sometimes it frees, but it always stays.

— And that echo makes us ask questions we didn't want to ask. Because **knowledge** not only illuminates, it also exposes us to who we are.

— Right, and sometimes it leaves us alone in front of this truth. Life forces us to lose ourselves before we find ourselves again.

— Like Moses in the desert or Ulysses in his Odyssey. Those who don't dare to go into the world won't discover the meaning of returning.

— But returning is not always a place. Sometimes it's a state, clarity that only comes after the storm.

— Every storm is a lesson. The question is: will we let it take us or will we learn to navigate?

— Maybe the secret is to dance with the wind, to understand that sometimes the waves take us exactly where we need to be.

— And in that dance, Pepe, what we can do is be present, with open eyes and a heart ready to listen.

— Raúl, the essence of "the inner journey" sounds philosophical, but in reality, it's about learning to understand yourself and stop relying on the outside.

— Exactly! You don't have to go to a distant place, you just have to look for yourself within. In a world full of distractions, this journey is crucial.

— And it all starts with disconnecting from comfort. Not just changing places, but releasing beliefs that drive us.

— Right. It's not about reaching a goal, but about releasing what no longer serves us. Discovering our identity without forgetting what others expect from us.

— That's the challenge. Not to give up everything, but to find the balance. To be part of the world without letting it define who we are.

— But how hard it is to stop depending on the opinions of others! Sometimes we base our success on work, money, or connections, and when something breaks, everything falls apart.

— That's when you realize personal development cannot rely on external things. It's much more important to respect the **process** than the outcome.

— Yes, and in this journey, there are three traps: comparing ourselves, inflating our immoral desires, and seeking recognition. All of them take us farther from our path.

— Comparison is poison. We disconnect from ourselves and complicate things. What truly brings peace is valuing our personal process.

— And in the end, the only thing we have is this inner journey. And the deeper it is, the freer we feel to navigate life authentically.

Epilogue: The Journey Continues

—Look, Raul, **The Inner Path: Beyond the Ego** isn't simply one of those books you study and forget. It's just the starting point of a tetralogy designed to accompany you on an intense adventure. This is meant to help you understand what's holding you back, how the ego gets in the way, and, above all, **open up a process of personal and spiritual transformation that lasts a lifetime.**

—So, this book doesn't simply live in the realm of philosophy, right? I understand; this is **more than just words**, right? And what comes after this?

—Exactly, after this first book comes the second: **Inner Metamorphosis: A Journey to Personal Growth.** And that's why it's captivating, because it's not just theory; this second book delves deeply into how to make everything you've learned truly have a real impact on your everyday life. It's like **bringing philosophy and spirituality into the everyday grind.** It gives you tools so that everything you understood in the first book can be **integrated, practiced, and truly put into action.**

—That sounds like having a **step-by-step guide**, right? Because knowing is great, but making it real is what's hard. So, what comes next?

—Well, the final book of this tetralogy is called **Practical Course in Inner Metamorphosis.** Now we're not just talking about reading or reflecting; we're talking about **rolling up your sleeves.** There are workshops, activities, and advice that help you implement everything you've studied in the other books directly into your life. It's about seeing **real and lasting changes** so that transformation isn't just something you understand, but something you **live every day.**

—Look, Raul, these books are like a **map for an entire adventure,** aren't they? You start by identifying what's holding you back, what's tripping you up, and from there, you move on to **changing your routines**, your everyday lifestyle—however simple—with concrete things. **Living it, not just thinking about it and reading about it…**

—And the most captivating thing is this adventure doesn't have a defined end. Every action you take, each minute of reflection, and every tiny step you take improves you. That's the goal of the first three books.

—But then comes the fourth: *Existential Wisdom*. That one is different. It gathers everything into a wider horizon. It isn't only about your personal change anymore, but about how

that inner transformation connects to life itself—your relationships, society, even the way you see the future. It's a book of vision, of synthesis, of wisdom drawn from living. It's like lifting your eyes after the long journey inward and realising how your own growth is inseparable from the world around you.

—Well, it really does sound like an adventure **well worth taking.**

May the Creator, the source of all life and wisdom, grant you the strength to overcome challenges, the humility to listen to your deepest truth, and the courage to ***live authentically.*** *May you find peace along your path and purpose in every step you take.*

Appendix 1 Ethics in AI and Technology

This note does not redefine the axis of the book; it merely applies its core (intention, self-control, responsibility) to the technological field. Read this appendix as a case where personal ethics becomes system ethics.

—Hey, have you heard how **artificial intelligence** has entered our lives? It's no longer like the old movies with robots and futuristic things. **It's everywhere.** I don't know how you see it, but I see more and more artificial intelligence, even in everyday things, from what appears on social media to jobs that are starting to be automated. **It's everywhere.** But of course, with all this progress, it's a little scary, right? And then complex questions start to arise because it's not just about "controlling it," and that's it. We need to make sure it continues toward what really matters, you know, basic values like **justice, empathy, respect**... because we're not talking about ethics like we always have; we're talking about machines starting to make decisions that before, only we would have made. And that changes everything.

—Right, that's exactly it, because if you think about it carefully, these algorithms don't always reflect what we want. Sometimes, they even make it worse. Look, Harari mentions this in *Homo Deus* (I told you about this once, do you remember?). He says that if we don't control it well, artificial intelligence could increase inequality and even limit our freedoms. Then there's Bostrom, in *Superintelligence*, who says that if we let it grow unchecked... it could become a real threat. **So in the end, it's always the same: artificial intelligence needs to develop with human values from the beginning.** If not, it's going to go badly.

—Right, and a clear example of these problems is in the **justice system** in the United States. You know they used an algorithm to predict the risk of reoffending, and surprise, they ended up treating African Americans worse. Here, you see that what matters isn't just that artificial intelligence is fast or efficient; it also needs to be **fair** and a little **human**, don't you think? Stuart Russell makes this clear in *Human Compatible*: if artificial intelligence doesn't respect human values, we could end up with very powerful machines, but without ethics. **And that's dangerous.**

—That's true, but listen, not everything is bad, right? There are amazing things artificial intelligence can do. Look at how it's already detecting cancer in the early stages. **Imagine**

how many lives it could save if used correctly. But, and this is important, with ethics, respecting privacy and human dignity. Because then, artificial intelligence not only helps but really improves people's lives.

—Exactly. That's the challenge. For those developing these things, it's not just about making powerful and fast systems, but also about making sure they respect what we value. Bostrom warns: **if we don't keep that in mind, these systems could start making decisions without considering what we want.** It's like in life, right? Everything we do needs to align with our values. **If we don't put ethics into every step, then yes, we could end up with very efficient technology, but without humanity.**

—And the problem is that in the end, there's the **ego**, right? All this desire to be the first, to control. Harari also explains this: this search for near-"divine" power with technology, which can make us forget what's right. Instead of seeing artificial intelligence as a threat, we should focus on making it learn from our values and become a tool that reflects the **best** in us.

—Right, but artificial intelligence, which is based on data, can ultimately take the humanity out of people. **Look at what happens in some companies with hiring algorithms; they tend to discriminate against women and minorities.**

Harvard did a study on this and confirmed it. And now, with all the jobs starting to be automated, **it's urgent** that artificial intelligence be **inclusive** and truly protect the vulnerable.

—And here's where **human values** come in, right? Justice, equality, empathy... all of these need to be there from the beginning. Kurzweil, in *The Singularity is Near*, imagines a future where artificial intelligence helps solve global problems, but only if we prioritize **ethical values** from the start. It's not enough for the systems to be fast; **they also need to be fair.**

—Therefore, for these values to materialize, developers need to think about ethics from the first stage. In Europe, for example, they're trying to make hiring algorithms not only non-discriminatory but even help correct historical biases. That's a good example of how artificial intelligence can improve inclusion.

—Totally, and another thing is that there's a lack of education on the risks and benefits of artificial intelligence, both for developers and for the public in general. Like in **personal development**, knowledge and values are essential to move forward correctly. **If we're not aware of the risks of artificial intelligence**, especially in terms of inequality and bias, we won't be able to build a just and balanced technological world.

—And for that, everyone needs to talk, sit at the table: developers, users, ethics experts... There are organizations setting up **ethical committees** with people from all walks of life, from philosophers to religious leaders, to discuss how to guide artificial intelligence toward a more just future. **It's not just about improving the technology, but giving it the necessary ethical framework.**

—The potential of artificial intelligence is enormous. Imagine all it can do for the environment or to reduce inequality. **But that happens only if development is focused on the long-term and on maintaining human dignity.** Some initiatives in Europe are already working on this, looking to ensure that artificial intelligence is safe and beneficial for everyone. **That's the balance we need: technological progress, yes, but with human values.**

—Right, and like in life, the ethical development of artificial intelligence requires everyone to commit. Developers, lawmakers, philosophers, spiritual leaders... all these voices help ensure that artificial intelligence improves our lives and reflects our ideals of **justice, compassion, and dignity.**

—Right, and if ethics in artificial intelligence is well guided, it can be an extraordinarily positive force. Just like in our **personal development**, it requires intention, responsibility, and a deep connection to **human values**. The future of technology and our development as

people depends on knowing how to integrate **justice, equality, and empathy** into every step of the way.

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